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TAMIL PROTEST SHUTS DOWN GARDINER, PG 2

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Fairy tale ending for mother duck

REUNION Just in time for Mother's Day, a mother duck has been reunited with two of her babies who fell into a storm drain in Manchester, N.H.

The mother was crossing the street with 11 ducklings parading behind her Thursday when two of the little ones tumbled through a grate. Workers at a nearby hair salon called police, who sent a crew from the city water works department. While salon workers corralled the upset mother duck and other ducklings in a box, the city workers opened the grate, climbed into the drain and rescued the two ducklings.

The salon owner told the New Hampshire Sunday News that when all 12 were taken to the Merrimack River, they were met by a male duck who led the family into the water.

THE ASSOCIATED PRESS

Nursing Week pg 12

Celebrating nurses

Sunny Side

It's not all bad out there

Metro launches The SunnySide of Toronto today, which will help you find the good news around Toronto and Canada.

- Today
- **Anne Hines and her HineSight column, pg 8**
- **Ed Drass InTransit, pg 8**
- This Week
- **Lawrence Martin's National Report**
- **Paul Sullivan's The West View**

TONY BOCK/TORSTAR NEWS SERVICE

Toronto Mayor David Miller and Grade 5 students from Chalkfarm Public School plant city hall's green roof last month. Miller says one of the best things about Toronto is the city's collective commitment to the environment.

Toronto the good

Mayor Miller shares his views on why our city is tops

HEATHER BUCHAN
for Metro Toronto

If all the recent doom and gloom over the state of the economy and its uncertain future is getting you down, take heart in what Toronto Mayor David Miller says are the top five attributes that make this city one of the greatest places to live in the world.

First on the mayor's list: Everything. "We have a great image internationally because of our mutual respect for differences, our environmental sensibilities, our great banking system and things like our public library, which is the best in the world," he says.

For Miller, Toronto's second greatest quality is its residents, "because of their diversity and their ability to remember their roots," he explains. It's no surprise Toronto is one of the most culturally diverse cities in the world, and with 150 different languages spoken around the city every day, it sets Toronto apart from other metropolises — something of which Miller is proud.

Third on his list: "How the people of the city blossom in the spring the same way that our green spaces do." After our harsh winters, there's certainly a renewed sense of optimism that prevails in every neighbourhood at this time of year.

No. 4: "Our great beaches and waterfront trails, particularly in my neighbourhood, the western beaches and Sunnyside," says Miller, who has governed Toronto — considered to be one of the world's safest urban centres — since 2003.

Miller, who himself drives a hybrid Chevrolet Malibu and whose environmental initiatives helped earn Toronto a vote as Low Carbon Leader by The Climate Group in 2005, believes the fifth best thing about the city is the collective commitment to the environment. "We're all environmentalists, and it's reflected in great parks, ravines, the Toronto island — all over the city," he says.

As for how Torontonians can help strengthen the city's economy during this recession, Miller says it's as simple as getting out and supporting local businesses.

"Just get out in the city. Try a new small restaurant. Support farmers' markets. They're fantastic. If we collectively do that, it will really strengthen our local economy significantly."

Mayors countrywide talk up their cities

- "(The people) are our greatest strength — period. There's no comparison — our people above anything else is what makes us."

HALIFAX REGIONAL MUNICIPALITY MAYOR PETER KELLY

- "Without a doubt, the people of Calgary make this city great."

CALGARY MAYOR DAVID BRONCONNIER

- "There's so much to discover that you need to come back again and again to discover all the aspects of the nation's capital."

MICHEL BELLEMARE, ACTING MAYOR OF OTTAWA

- "We also have a big focus on creating green jobs. We're working to access federal and provincial stimulus funds to retrofit homes and buildings. This will save energy, reduce pollution and create new 'green collar' jobs to maximize energy efficiency across our city."

VANCOUVER MAYOR GREGOR ROBERTSON

- "We rivalled the growth in China within the last few years and we will continue to do that when things settle down a bit (with the markets)."

EDMONTON MAYOR STEPHEN MANDEL

Sunny Side

Letter from the editor

Dianne Rinehart
Metro Editor-in-Chief

Don't worry, be happy

Dear readers,

Just when you think things can't get worse — we're here to tell you it's not so bad, after all.

Today, Metro launches The SunnySide of Toronto, a celebration of how great it still is in Canada — despite the recession.

Over the next while we'll interview your political, business and community leaders about the good news in Toronto — and exchange their best recession-busting ideas with our 1.1 million readers and leaders across the country.

As well, our columnists, bloggers, and reporters will buzz with ideas on how we can work together to conquer this recession — or at least laugh about it.

But most importantly, this is a Call to Action to you to send us:

- Your ideas on how we can implement positive change.
- Inspirational stories on how to overcome loss of jobs, businesses, homes, income and pension plans — without losing hope or happiness.

We'll promote your best stories and ideas, here in our pages and on metronews.ca.

So get writing, emailing, commenting and tweeting your way out of the recession at torontoletters@metronews.ca, metronews.ca, or on Twitter @metrotoronto.

And meanwhile, as Bobby McFerrin sang, Don't Worry, Be Happy.

DIANNE RINEHART, EDITOR-IN-CHIEF, METRO ENGLISH CANADA

Free Daily News Group Inc., operating as Metro Toronto 1 Concorde Gate, Suite 703, Toronto, Ontario M3C 3N6. Publisher: Bill McDonald

Teen charged with public mischief

A 16-year-old Alcona girl is facing a public mischief charge for sending police on a wild goose chase. On Wednesday evening, the girl allegedly told police that two men had abducted her. Police investigated the incident and determined the girl had made the whole thing up. TORSTAR NEWS SERVICE

Local

Kenney denies targetting Dhalla

Immigration Minister Jason Kenney, left, is dismissing claims by Ruby Dhalla's lawyer that the Liberal MP is the victim of a conspiracy mounted by people bent on destroying her political career. Kenney, in an interview yesterday on CTV's Question Period, insisted he takes no partisan delight in the allegations levelled against Dhalla by three immigrant women who worked as caregivers for her family.

THE CANADIAN PRESS

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Tomorrow's Metro

Health

How can cleaning your home make allergies or asthma worse? Metro finds out.

metronews.ca
What's online today.

Video The market rally's continued defiance of analyst predictions keeps investor optimism high at **metronews.ca/canada**

Immigration Guidy Mamann finds that sponsorship for mothers is much faster in 2009 at **metronews.ca/immigration**

Check movie showtimes, watch trailers and read reviews

Search for careers using Metro's Workopolis — powered job search

Lotteries

Friday, May 8
Lotto Super 7: 3, 16, 17, 25, 33, 35 & 42. Bonus 7.
Saturday, May 9
Lotto 6/49: 14, 19, 23, 31, 34 & 39. Bonus 24.
Sunday, May 10
Ontario Pick 3: 0 7 5; **Ontario Pick 4** : 3 4 8 4
Encore: 6390676;
Daily Keno: 8, 12, 13, 17, 23, 25, 26, 27, 30, 32, 33, 36, 38, 42, 53, 59, 61, 64, 69, 70.
These results are not official.

Shooting sparks fears of reprisals

Neighbours worried this is just the start

Was a shootout at a west-end party early yesterday retribution for recent killings?

That's the question police and residents are asking after three intruders shot up a birthday party, sending six people to hospital.

Three victims — one shot in the face, another in the neck — were in critical condition. It was not clear whether all would survive.

One woman said she heard what she thought was a car backfire, then about 25 shots in rapid succession, as if they'd come from an automatic weapon. She ran out of her townhouse to see a wounded teen trying to climb her fence before slumping to her porch and lawn.

"I had to step over him to get out," said Sandy, a 45-year-old mother of three whose unit is attached to the townhouse where the party was. "He was bleeding from his side."

"There's going be a drug war — there's going to be a big war before it's over."
Sandy, resident in Toronto's west end

Neighbours said at least one partygoer was targeted in retaliation for at least one of three recent murders in Toronto. Detectives said they would probe any connection between the separate cases.

Jarvis St. Remy died in a hail of gunfire at a Dundas Street West bus stop the night of May 1. Daniel Lewis, 19, was shot in a laneway near Keele Street and Rogers Road. April 21; a day later, 29-year-old Omar Waite was gunned down near Jane Street and Eglinton Avenue West.

"There's going be a drug war — there's going to be a big war before it's over," Sandy said, covering her face, still wearing a coat over her nightgown as she waited for police to let her back into her home.

As many as two dozen people were partying at about 3 a.m. in the three-level townhouse on West Mall, just south of Rathburn Road when three men dressed in black barged in and at least one raked the living room with gunfire.

TORSTAR NEWS SERVICE

Science **Paper helicopters**

COLIN MCCONNELL/TORSTAR NEWS SERVICE

Mary Kudesh, shows Isabelle Sumers, 7, and Sofia Villasenor, 7, how to fly the paper helicopters they made at the High Park Library on Saturday as part of Science Rendezvous, a program aimed to bring science and technology to the public.

News in brief

HUNTING A Mississauga man has been convicted of several hunting-related offences for trying to bag a deer from the front seat of his car. Zlatko Lemut, 60, was driving in a rural area southwest of Collingwood last Nov. 5 when he spotted what he thought was a deer across the road. He pulled out his gun and fired four shots. Unfortunately for him, the object turned out to be a deer decoy, placed by conservation officers in response to complaints that people were illegally shooting deer from their vehicles. TORSTAR NEWS SERVICE

Minister nixes plan to give free survival kits to civil servants

PREPAREDNESS A plan to give free 72-hour emergency survival kits to some of Ontario's highest-paid civil servants at taxpayer expense has been quashed by Community Safety Minister Rick Bartolucci.

The move came after the Toronto Star obtained an internal government document on the plan, part of emergency preparedness week and "especially timely given the current H1N1 flu virus," said the memo, which also cited recent emergencies such as last summer's propane explosion in North York.

"We are not impressed," said Laura Blondeau, a spokesperson for Bartolucci.

The kits from the government agency Emergency Management Ontario were to go to deputy ministers of each government department, more than two dozen in all, who sit on the deputy ministers' council.

TORSTAR NEWS SERVICE

Tamil protesters shut down Gardiner

SRI LANKA Tamil protesters including women with babies in strollers shut down both lanes of a downtown Toronto highway last night and were demanding to meet with an official from Prime Minister Stephen Harper's office.

Hundreds of people sat down on the Gardiner Expressway linking arms, chanting "No More Genocide" a reference to the civil war in their native Sri Lanka.

Woman and young girls took over the front row of the protest, sitting within a few metres of 60 police dressed in full riot gear, including batons and shields.

More than 100 police including some on horseback contained the crowd to a narrow area on the elevated roadway near the Spadina Road ramp.

Protest spokesman Siva Vimal met with a Toronto police negotiator and vowed to stay on the road until they met with a federal official.

Both eastbound and westbound lanes of the usually busy Gardiner Expressway were blocked and police said they expected it to remain closed for the evening.

THE CANADIAN PRESS

Union campaign comes down to vote
A union organizing campaign at Novotel Mississauga allegedly laced with threats against employees comes down to a vote today. TORSTAR NEWS SERVICE

No more freebies

Tough rules for Ontario liquor board workers

Liquor board workers in Ontario have been ordered to stop accepting freebies from the big distilleries and breweries.

For years, the Liquor Control Board of Ontario has allowed its employees to accept free tickets to hockey games, concerts, curling matches and stage shows from the companies that supply their stores with liquor, beer and wine.

But tough new rules imposed by the Ontario government have ended the gravy train, forcing workers to refuse the hundreds of ticket offers they once accepted. The ban was imposed last August, and the agency issued revised guidelines to its workers in March this year.

An internal report estimates that no-charge tickets represented about a third of all the supplier-paid benefits enjoyed by a key group of employees. The rest were mostly business meals, which are still allowed.

The report also found that the official forms employees are required to file when they accept freebies are too often vague and incomplete.

THE CANADIAN PRESS

What's allowed

- Business meals worth less than $50 are still allowed but free tickets to sporting and entertainment events are out, such as the We Care Golf Classic or the Hillebrand Jazz Festival.

Rally **Couples urge fertility funding**

VINCE TALOTTA /TORSTAR NEWS SERVICE

Jan Silverman speaks to a crowd at Queen's Park about IVF Funding. About 300 couples who can't conceive children gathered at Nathan Phillips Square yesterday before pushing empty baby strollers along University Avenue to Queen's Park, where they demanded the government resume funding for fertility treatment, which was dropped in 1994.

Neighbours give skate park bumpy ride

OPPOSITION The Eighth Street Parkette is a modest patch of green in largely industrial New Toronto, home to a toddler-scale playground and a few thirsty trees. If Ward 6 Coun. Mark Grimes and a team of local parents have their way, the space will become Toronto's newest public skate park.

The site has been selected in part because it would fill the city's last remaining skateboarding hole.

It is an innocuous proposition, according to supporters — simply a different playground for a different demographic. But as residents of the co-op prepare for civic battle, fissures in the neighbourhood are turning into a skater's worst enemy: Cracks. TORSTAR NEWS SERVICE

Baby among 14 new flu cases, province says

CONFIRMED Ontario has reported 14 new confirmed cases of influenza A (H1N1), also known as swine flu, including a case in a one-year-old child.

That brings the province's total to 76, all of which are considered mild.

Public health officials are also investigating a possible link between H1N1 flu cases in three people in Japan who had recently travelled to Ontario.

The people in Ontario who have had swine flu range in age from one to 52, though no other information was immediately available on the baby.

Flu Outbreak

Seven of the new cases are in Toronto, two in York Region, three in Peel Region and two in Halton.

Dr. David Williams, Ontario's Acting Chief Medical Officer of Health, says officials still expect to identify more cases in Ontario due to increased lab capacity.

Two children with mild symptoms have become the latest to test positive for the swine flu virus in Saskatchewan.

THE CANADIAN PRESS

H1N1 toll
Latest developments

- Confirmed death toll: Global total of 53 — 48 in Mexico; three in the U.S.; one in Canada and one in Costa Rica.
- Confirmed cases in Canada: 286 (56 in Nova Scotia, 76 in Ontario, 79 in British Columbia, 49 in Alberta, 16 in Quebec, four in Saskatchewan, three in Prince Edward Island, two in New Brunswick and one in Manitoba).
- Confirmed cases elsewhere: More than 4,500 in 29 countries.
- Alberta's chief veterinarian says less than 500 hogs were culled on the pig farm where the new swine flu virus was detected — not because the animals were sick, but because of overcrowding on the farm.

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*†Please refer to full brochure for cash outs, prize details, ticket issuing and draw information. Odds of winning are approx. 1 in 3. All inquiries on the odds of winning are to be made to the licensee prior to ticket purchase. Only 265,000 tickets are available. Tickets are not tax deductible and must be purchased within the province of Ontario. Purchasers must be at least 18 years of age. 75,960 prizes at a value of $12,575,331 (including taxes and freight), will be awarded. Early Bird sales deadline is June 11, 2009. Final sales deadline is June 16, 2009. On August 4, 2009 an advertisement will be placed in the Toronto Star announcing all major winners. A complete list of winners will also be available at www.heartandstroke.ca/lottery and a printed list will be accessible at local Heart and Stroke Foundation offices across Ontario. © Bank of Canada – bank note images used and altered with permission. Lottery Licence #: 1562.

Communities hit by hate crime urged to apply for funding

The federal government is urging communities affected by hate crimes to apply for funding to enhance security. The government will provide up to $1 million in funding for an extension of the Security Infrastructure Pilot program, which began in 2007. THE CANADIAN PRESS

Canada

Lafleur may lose honours

Hockey legend Guy Lafleur may be stripped of some of the country's highest accolades following his conviction earlier this month of giving contradictory testimony at his son's 2007 bail hearing. Lafleur, lionized for his prolific scoring and outstanding play, faces losing both the Order of Quebec and the Order of Canada due to his ongoing legal woes. THE CANADIAN PRESS

Balsillie's NHL bid the focus: Hamilton mayor

Mayor Fred Eisenberger says Hamilton's efforts are focused on helping Jim Balsillie bring the Phoenix Coyotes to the city, and that he hopes to reach a deal with the co-CEO of BlackBerry maker Research In Motion for Copps Coliseum later this week.

Jim Balsillie

Eisenberger, speaking on CTV's Question Period yesterday, made the comments amid a Hamilton Spectator report suggesting an investor group believed to be led by developer Tom Gaglardi was interested in moving the Atlanta Thrashers to Hamilton.

Eisenberger did not deny talks with other groups, but said he had no plans for a face-to-face meeting this week with anyone other than Balsillie.

Word of the reported Gaglardi bid added to the frenzy created when Balsillie made a $212.5-million US offer to buy the Coyotes, who have filed for bankruptcy protection, last Tuesday.

The NHL is disputing the team's filing in a federal court of bankruptcy in Phoenix.

Balsillie has asked the city to make a decision by May 13 on a possible deal to lease Copps Coliseum as a potential home for the team. THE CANADIAN PRESS

York 50 Million Tree Weekend

TREES ONTARIO/THE CANADIAN PRESS

Children from the York Region Boys and Girls Club brave the wind and rain in Whitchurch-Stouffville, Ont., Saturday to join Donna Cansfield, minister of natural resources, from left, Michael Scott, president and CEO, Trees Ontario, Bill Fisch, York Region chair, and Whitchurch-Stouffville Mayor Wayne Emmerson, during the first 50 Million Tree Weekend.

Mulroney set to speak at inquiry

TESTIMONY Brian Mulroney's accusers have had their say, now it's time for the former prime minister to tell his side of the story.

Mulroney is scheduled to spend at least three days testifying this week — starting tomorrow — at the public inquiry into his business dealings with German-Canadian businessman Karlheinz Schreiber.

Mulroney will have the advantage of facing his own lawyer on his opening day of testimony and possibly for part of the second day as well.

The aim, says a spokesman, will be to let Mulroney "frame the story from the point of view of how it was lived by him."

THE CANADIAN PRESS

News in brief

ENVIRONMENT A new Harris-Decima poll found that 49 per cent of Canadians said they supported bringing in a carbon tax. In Ontario, support for a carbon tax stood at 45 per cent.

DEATH An Edmonton police officer shot and killed a robbery suspect early yesterday morning after her male partner began struggling with the man, according to an investigator. THE CANADIAN PRESS

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or 5:30 - 6:30 p.m.
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100 Front Street West

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	Israel..... .....2.9 ¢	Guyana.....27.9 ¢	
	Bangladesh from 3.9 ¢	Trinidad..... 7.9 ¢	
	Saudi Arabia from... 3.9 ¢	Australia.....2.9 ¢	
	Iran from..... 3.9 ¢	Nepal from.....7.9 ¢	
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Talks break down in Windsor taxi strike

Talks have broken down between a Windsor taxi company and its striking drivers. Some 300 employees of Veteran Cab have been on the picket lines since April 2. Negotiations between the union and the company resumed Saturday morning, but the company left the bargaining table after five hours. THE CANADIAN PRESS

Manitoba braces for mosquito season

BREEDING The flood waters that have gripped Manitoba for weeks are receding but the province is now gearing up to fight a new foe spawned by Mother Nature — the mosquito.

With the province's soil saturated and temperatures rising, there are concerns that the standing water left behind in ditches and fields could provide the perfect breeding ground for the winged insects that are the bane of any outdoor-loving Manitoban.

5,000,000

Winnipeg spends $5 million a year — more than it spends fixing the city's potholes — tracking and fighting the bugs.

THE CANADIAN PRESS

Harper hands out plum jobs

The federal cabinet filled more than a half-dozen posts at key government boards last month with Conservative supporters, including one of Prime Minister Stephen Harper's closest friends.

The high-level appointments were among more than 30 plum spots cabinet handed out in one day at the height of internal Tory strife and speculation that Harper's leadership might be in trouble.

Prime Minister Stephen Harper

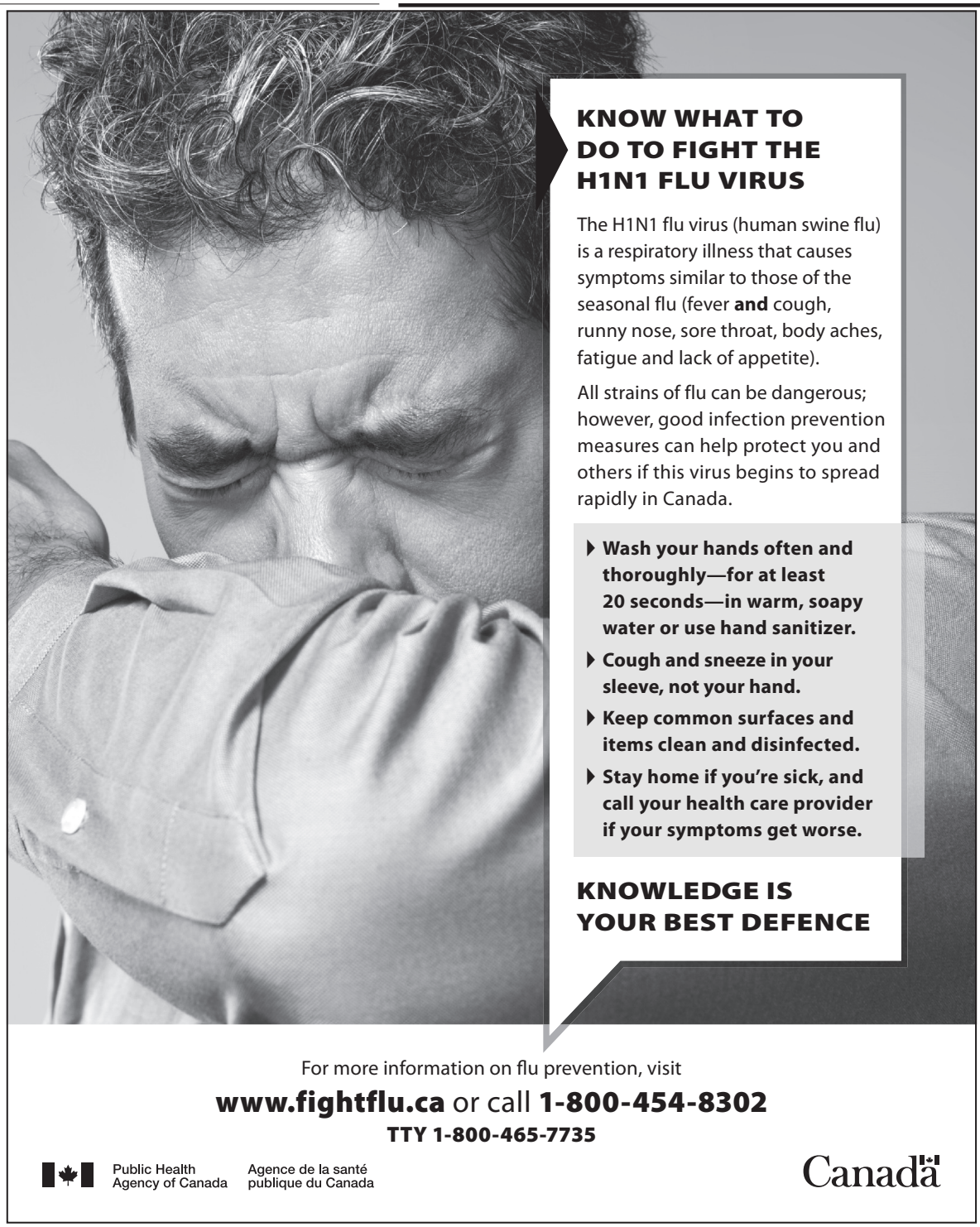
The handouts included a posting for a Conservative adviser and close colleague of former Reform leader Preston Manning; another for the former director of the Saskatchewan Party; and one for a former Manitoba justice minister.

Critics say that, taken together, the entire round of patronage means Harper realizes he must "keep the troops happy" with an election on the horizon and Liberal fortunes rising.

But some observers argue that several top appointments demonstrate Harper is intent on changing the nature of Canada by stacking key federal boards with allies and friends who share his political and social philosophies.

"One way to change Canada is to destroy the institutions created by your enemies," said Stephen Clarkson, a prominent author and University of Toronto political scientist.

THE CANADIAN PRESS



Pet owners opting for natural food

ANIMALS Barry Glebe had tried everything to stem his dog Lila's chronic stomach problems, but to no avail.

That was until Glebe discovered the wonders of home-cooked pet food.

Like Glebe, some Canadian pet owners are looking for ways to improve the health of their furry companions with a little home cooking.

The raw-food diet has come under fire in the past. The Canadian Veterinary Medical Association and the Canadian Public Health Agency believe such a diet risks sickening pets and humans who come in contact with the food.

THE CANADIAN PRESS

Feds working to dole out the bucks

INFRASTRUCTURE The federal government has been deluged with applications for infrastructure funding but only a tiny amount of money has trickled out so far. However, Transport, Infrastructure and Communities Minister John Baird says federal officials are working flat out — including weekends and evenings — to ensure the money will flow at record speed.

The government's haste is partly motivated by the urgency of the economic crisis. THE CANADIAN PRESS

News in brief

LOBSTER A federal minister responsible for the Atlantic region says officials are trying to come up with help for fishermen in the ailing lobster fishery. Leonard LeBlanc of the Gulf Nova Scotia Fishermen's Coalition says the market price for lobster has plunged to about $3.75 a pound — making it cheaper than bologna.

THE CANADIAN PRESS

Mass brawl in Russia leaves one dead

Russian police say one person was killed and four were seriously injured in a mass brawl involving up to 1,500 people in a southern province next to Chechnya. Violence broke out between residents of two villages in a dispute over a wrestling contest. THE ASSOCIATED PRESS

World

Hope for jailed journalist

A lawyer for a jailed American journalist in Iran says he's optimistic there will be a change in her verdict after her brief appeals hearing. Roxana Saberi's lawyer says he was allowed to defend his client at her hearing yesterday and expects the court will make its decision in a few days. Abdolsamad Khorramshahi also says the court atmosphere was "favourable." THE ASSOCIATED PRESS

Pope praises Mideast faithful

JORDAN Pope Benedict yesterday praised the courage of Middle East Christians who cling to their faith despite war and adversity, addressing a crowd of 20,000 in a sports stadium where he celebrated the first open-air mass of his Holy Land pilgrimage.

According to Vatican statistics, Jordanian Christians, a community that dates back 2,000 years, are less than two per cent of the country's overwhelmingly Muslim population. THE ASSOCIATED PRESS

News in brief

AUSTRALIA A 137-pound orangutan short-circuited an electric fence by jamming a stick into the wires and then piled up debris to climb a concrete and glass wall surrounding her enclosure at the Adelaide Zoo. THE ASSOCIATED PRESS

Japan Summer festival

SHUHEI KAMAYASHI/THE ASSOCIATED PRESS

Participants shout and carry a portable shrine through precincts of the Kanda Myojin shrine in Tokyo during Japan's annual summer festival, which was celebrated yesterday.

Artillery kills 378 civilians

An all-night artillery barrage in Sri Lanka's war zone killed at least 378 civilians and forced thousands to flee to makeshift shelters along the beach, a doctor said yesterday.

At least 1,100 people were wounded in what the government physician said was the bloodiest day he had seen in months of fighting between the army and Tamil Tiger rebels.

Dr. V. Shanmugarajah said many more were likely killed in the barrage, but they were buried where they fell instead of being taken to the makeshift hospital in the war zone.

Most doctors and nurses have fled, he said, and volunteers to dig graves were in short supply.

6,500

The number of civilians killed early this year as the Sri Lanka government renewed its efforts to end the war, according to UN figures compiled last month.

The rebel-linked TamilNet website said 2,000 civilians were feared dead and blamed the attack on Sri Lankan forces. The Sri Lankan military denied firing the artillery and said the rebels appeared to be firing mortar shells.

Human Rights Watch on Saturday accused the military of repeatedly hitting hospitals in the war zone. THE ASSOCIATED PRESS

U.S. rejects Karzai's call to end strikes

AFGHANISTAN In a blunt rebuff of Afghan President Hamid Karzai, U.S. President Barack Obama's national security adviser said yesterday the U.S. would not end air strikes in Afghanistan blamed for the deaths of civilians.

Retired Gen. James Jones said the U.S. would make military decisions based on the best intelligence available, saying "we can't fight with one hand tied behind our back." THE ASSOCIATED PRESS

Al-Qaida

- The chief of the U.S. Central Command says al-Qaida is no longer operating in Afghanistan. But Gen. David Petraeus says affiliated groups still have "enclaves and sanctuaries" there.

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Comment

Reasons to love Canada

HineSight

Anne Hines

metronews.ca/hinesight

When asked to share what I love about Canada, I have to admit my first response was, "Well … all my stuff is here." Followed by, "People don't laugh at me for ending every sentence with, 'eh' … at least not often."

However, having mulled over the question, I realize there are many excellent reasons to love both Canadians and Canada. Here are my top four.

1.) **Optimism**: Three hundred years ago, our country's founders arrived in this place, confronted a landscape consisting of trees, trees, trees, blackflies, rocks, poison ivy and frozen stuff and said, "Let's settle here. How bad can it be?"

This while their fellow settlers were choosing Florida.

It's our indomitable optimism that leads Canadians to participate in such determinedly hopeful activities as putting away our snow shovels in April. And it's this same unconquerable confidence that lets us head into the voting booths every few years saying, "Let's elect another Conservative government. How bad can it be?"

2.) **Polite behaviour**. A New York City cashier once asked if I was Canadian.

"You've thanked me three times," she said, "And I haven't even given you your change yet."

SunnySide

If there's one thing that makes a true Canadian want to spit, it's people who can't behave politely.

My mother threatens to call the parents of telemarketers who bother her at dinnertime.

Likewise, Canadians are shocked and appalled at the brawling and fighting that takes place among sports fans in other countries.

We keep that kind of behaviour where it belongs — in the morning lineup at Tim Hortons.

3.) **Health care**. A few years back, I attended an international conference on women's health. When the subject of MRIs came up, I complained to the woman beside me that where I live it might take up to eight months to get scanned. I asked how long she'd have to wait in her country. She sighed. "The rest of my life."

Granted, our health-care system may be frustrating, inefficient and expensive, but health care in Canada has one thing going for it: You can get it.

4.) **Same-sex marriage**: An American comic at Yuk Yuk's commented recently how impressed he was that Canada fully embraced same-sex marriage, once it could be proven it would in no way affect professional hockey. For me it sums up what's great about Canadians.

Many are optimistic, most are polite. And the rest are popping their government-subsidized meds saying, "Well … how bad can it be?"

Anne Hines is an author and humour writer. She has written three novels and one collection of nonfiction humour.

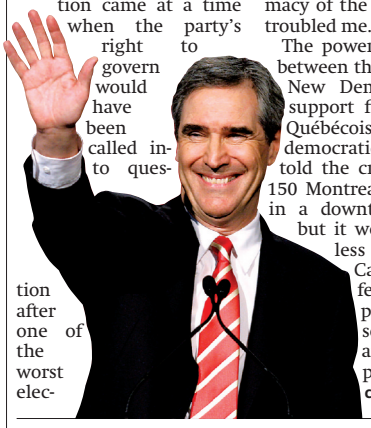
MICHAEL DE ADDER

Worth Mentioning

Coalition would have split country, says Liberal leader

If the proposed coalition of opposition parties had come to power last year it would have deeply and enduringly divided Canadians, says Michael Ignatieff.

In Montreal yesterday to promote his most recent book, the federal Liberal leader also said the coalition came at a time when the party's right to govern would have been called into question after one of the worst election results in its history.



The party lost 19 seats and captured just 26 per cent of the vote in last October's federal election.

"I'm in politics to unify people, not to divide them," Ignatieff said.

"There was also a question concerning the legitimacy of the coalition that troubled me."

The power sharing deal between the Liberals and New Democrats, with support from the Bloc Québécois, was not undemocratic, Ignatieff told the crowd of some 150 Montrealers gathered in a downtown theatre, but it would nonetheless have given Canadians the feeling that the parties had "in some sense or another stolen power." THE CANADIAN PRESS

Views

Be thankful for Toronto's Union Station

InTransit

Ed Drass

metronews.ca/intransit

Like Toronto, Boston is among the most vibrant cities in North America. Last week I had a chance to tour the Massachusetts capital by subway, ferry, streetcar and commuter rail — and while the system is very good, it is also a reminder of things we Torontonians take for granted.

A big bonus TTC riders tend to overlook is how well our surface and subway systems are integrated. In many places around the world transferring between train and bus means presenting your fare again, and in some cases paying twice.

SunnySide

With the exception of downtown subway stations, we in Toronto can pass easily from underground platform to bus bay — without being funnelled through turnstiles or filing slowly past a bus driver.

Imagine how much longer it would take to board streetcars at Spadina station if everyone had to show a fare.

We have collectively saved a lot of time and hassle because past TTC designers avoided fare-related bottlenecks.

Boston recently introduced its CharlieCard, named for a mythical rider from a 1940s folk song who couldn't pay his fare. The new smart card is handy — although it was not obvious to me how to actually get one — because it can serve as a multi-ride ticket or an unlimited pass.

Quick Tip

- "PCC" streetcars, Toronto icons until the 1990s, are running Sundays along the Harbourfront line until Sept. 6, between 11:30 a.m. and 7:30 p.m.

Trains began running beneath Boston's cramped streets in 1897 — the first on the continent. The current system joins three subway lines and a network of light rail trains that run on the surface until converging in a common tunnel downtown.

Boston is one of a handful of American cities to continuously use streetcars through the last century.

Although Boston's underground network looks more extensive than the TTC's, our ridership is much higher. Toronto subways arrive no less than every six minutes (and as of today, service on our "Yellow" line gets even more frequent after evening rush hour). Boston trains are scheduled between five and 16 minutes apart.

The commuter rail network in greater Boston is also similar to ours. It's extensive but there is a catch: Trains serve one of two central stations — but not both. To continue through the city you must travel two subway lines to the other depot.

It makes you realize how fortunate we are in Toronto that our regional and intercity trains come together at Union Station.

Toronto-based transport writer Ed Drass covers transit issues every Monday; transit@eddrass.com.

Metro Online Poll Results

40% SAID YES

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60% SAID NO

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Exxon begins drilling in Alaska

Exxon Mobil says it has begun drilling at Alaska's Point Thomson oil and gas field. The state has been fighting with the Texas-based oil giant and other lease holders over the lack of progress there and has tried to cancel the leases. THE ASSOCIATED PRESS

Business

Buffett's firm reports loss

Warren Buffett's company reported a $1.5-billion US first-quarter loss as it wrote down its ConocoPhillips investment and mostly unrealized derivative losses helped drag Berkshire Hathaway's results below last year's $940-million profit. Berkshire said it recorded a loss of $990 per share, down from $607 net income a share in the same period a year ago. THE ASSOCIATED PRESS

EDITOR: FERMIN.DESOUZA@METRONEWS.CA

Investors hoping for rally to continue

MARKETS Economists have been calling for the North American stock market rally to lose steam for weeks, and yet it still persists, as investors keep their adrenaline high and their optimism even higher.

And so the question remains on the minds of traders for another week — will this rally lose its momentum? For now, the answer appears to be "No."

Mark

• Last week, North American stock markets continued a nine-week-old rally, the Toronto Stock Exchange closing above the 10,000-point mark for the first time in six months and the Canadian dollar touching its highest close since October.

"In the U.S., if neither hundreds of thousands of job losses, nor tens of billions in capital requirements for banks can't scare away the optimists, nothing in the coming week ought to," wrote CIBC World Markets chief economist Avery Shenfeld.

The economic data on the schedule this week isn't expected to encourage any drastic sell-off by investors, who have found their optimism with signs that U.S. job losses are slowing, and more Canadian jobs added in April.

On the calendar this week is the Canadian new housing price index for March today and Canadian international trade numbers for March, which could show a surplus.

THE CANADIAN PRESS

GM bankruptcy inevitable?

For General Motors Corp., the task at hand is so difficult that experts say a Chapter 11 bankruptcy filing is all but inevitable.

To remake itself outside of court, GM must persuade bondholders to swap $27 billion in debt for 10 per cent of its risky stock. On top of that, the automaker must work out deals with its union, announce factory closures, cut brands and force hundreds of dealers out of business — all in three weeks.

"I just don't see how it's possible, given all of the pieces," said Stephen J. Lubben, a professor at Seton Hall University School of Law who specializes in bankruptcy.

GM faces a June 1 government deadline to complete its restructuring plan or follow Chrysler LLC into bankruptcy protection.

Experts say all GM is doing now is lining up stakeholders to make its court-supervised reorganization move more quickly.

CEO Fritz Henderson said last week there's still time to get everything done by the deadline, although he conceded it will be difficult to meet a government requirement that 90 per cent of its bondholders agree to the stock swap.

The biggest obstacle appears to be GM bondholders, who have been reluctant to sign on to the stock swap when the government and United Auto Workers union would get far more stock in exchange for debts owed by GM.

The company is talking with the UAW and Canadian Auto Workers unions about concessions, including getting the UAW to take 39 per cent of its stock in exchange for half of the $20 billion GM must pay into a union-run trust.

Cutting dealers also remains a huge hurdle. Dealers are protected by state franchise laws, and trying to shed them outside of bankruptcy would result in either millions of dollars in payments or multiple lengthy lawsuits, Lubben said.

THE ASSOCIATED PRESS

CARLOS OSORIO/THE ASSOCIATED PRESS FILE PHOTO

General Motors CEO Fritz Henderson, seen in Detroit last week, says the automaker still can avoid bankruptcy, but it has a lot of work left before the government's June 1 deadline.

Alberta jobs boom turns to bust

FLIP SIDE Less than a year ago, Bruce Cameron was run off his feet trying to find workers for thousands of vacant jobs. Today, he's run off his feet trying to find jobs for thousands of workers.

It's another strange instance of Alberta's boom economy gone bust, said Cameron, a business and industry liaison officer with the provincial government in Calgary.

The latest figures, released Friday, show unemployment continues to rise in Alberta. It's now at six per cent, almost a full percentage point higher than the month before.

Former Alberta director of the Canadian Federation of Independent Business Danielle Smith said businesses considering layoffs are spread across many different industries, from lumber mills to warehouses and dentist's offices. THE CANADIAN PRESS

In brief

TELECOM AT&T Inc. is buying the assets of Verizon Wireless in 79 mainly rural areas of the U.S. for $2.35 billion US. Verizon is forced to sell the service areas to satisfy conditions of its purchase of Alltel Corp.

AIRLINES Delta Air Lines Inc. wants to cut a number of pilot jobs through a program that would give pilots an incentive to retire, according to a memo issued by the pilots union Friday. Pilots would receive a severance payment, medical and dental benefits for a limited time and retiree travel benefits. THE ASSOCIATED PRESS

New Chrysler to be leaner, greener

AUTOS Leaner, greener and with an Italian flourish — that's the "New Chrysler."

Or at least that's the plan. Chrysler LLC is counting on a reversal of fortunes through a quick bankruptcy and a combination with Italian automaker Fiat Group SpA. The result will be a drastically remade lineup in dealer showrooms.

Analysts say Chrysler's most valuable brands — Jeeps, minivans and perhaps pickups — will survive. Chrysler's plans call for it to also sell a handful of electric cars. Fiat will add a smattering of small, fuel-efficient cars, like its peppy 500. The rest of Chrysler's existing lineup will likely be history.

Fiat will bring a handful of its small cars within 18 months, and it is likely to be the compact, two-door 500, which in Italy carries a base price of 11,250 euros ($17,500). Fiat will also bring its sporty Alfa Romeo brand to the U.S., though it is not planning to relaunch the Fiat brand there. The cars would either be branded as Chryslers or a variation of its European models.

THE ASSOCIATED PRESS

Another U.S. bank closes its doors

BANKING Federal regulators on Friday shut down Westsound Bank of Bremerton, Wash., making it the 33rd U.S. bank to fail this year.

The Federal Deposit Insurance Corp. seized the small bank and said its nine branches and nearly all of its deposits will be taken over by Kitsap Bank of Port Orchard, Wash.

Westsound was hit hard by losses in construction loans. THE ASSOCIATED PRESS

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Use newspaper as mulch for your garden

Shredded newspaper can be used as mulch during the summer. The newspaper will reduce evaporation and lessen the amount of watering needed by your plants, according to Greeniology: How To Live Well, Be Green And Make A Difference by Tanya Ha. METRO NEWS SERVICES

Going Green

Air drying can save money

Did you know that your clothes dryer uses up to 10 per cent of your home's electricity? Hanging clothes to dry makes them last longer and smell better, and it saves you money on your energy bills as well as reducing the fire hazard from this appliance. Balcony-friendly drying racks can be found at many stores. DAVID SUZUKI FOUNDATION

EDITOR: MIKE.DEREZYCKY@METRONEWS.CA

Pests be gone – naturally

EarthTones

Sophia Dore & Andrew Laursen

metronews.ca/earthtones

While watching TV recently we noticed ants are now marching two by two across the floor. The occasional ant or insect doesn't much faze us, it's part of life. Hakuna matata. But we are now entering bug season and we'd like to stop them before they carry off the remote control. Then we'd be in a fix!

The problem is that with a new baby spending tummy time on the floor, we need to be a bit more careful about what we use to control the bugs.

Many of you would also prefer not to use poisons where you can help it. So with bug season underway, we thought it might be a good time for a pest issue.

A common method of control in the house is the ant trap, the idea being that ants find the bait, carry the poison back to the nest, destroying the colony. A bit more targeted than spraying an insecticide, but still a poison you may not want in your house. Plus, it's a bit off-putting when you see an ant trap.

Another route for controlling ants is disrupting their trails. As ants forage, they leave a scent trail that others from the colony can follow to good food sources, like your corn flakes. Using something like oil soap on wood can disrupt the trail, although this will be an ongoing battle as new scouts rediscover your breakfast stash.

There are many products available that have plant oils as active ingredients. The most common are products that use cedar or juniper oils, but there are many other plant oils in use. These oils not only disrupt scent trails, but they actively repel many insects including cockroaches, mites, silverfish, spiders, and ants. The active deterrents mean you may not need to use these as often.

Insects, like the rest of us, are responsive to chemical cues from would-be mates. We've probably all been a bit confused by someone's perfume or cologne, possibly contributing to regrettable decisions. And we're a bit more intellectually sophisticated than cockroaches. A number of products use that confusion against insect pests, luring them into traps with pheromones usually secreted during mating. Look for glue traps that incorporate pheromones for household pests, but remember that these will be very specific. A trap designed for silverfish is not going to work on your ants or roaches.

Another strategy uses other hormones (not pheromones) to disrupt life cycles of specific pests. These insect growth regulators often prevent molting or other developmental processes in insects, preventing them from growing and reaching reproductive maturity. These are insect hormones, not poisons, and will not pose a risk to you, your toddler, or even your dog since shedding is not technically molting. Look for products containing Nylar, Precor, or Methoprene.

Good luck. We have to run now since the ants are making off with the good silver.

Sophia Dore is an environmental scientist with Conestoga-Rovers & Associates. Andrew Laursen is an assistant professor at Ryerson University; earthtones.metro@gmail.com.

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METRO NEWS SERVICES

Pollution

- According to Statistics Canada, in just one season, the average gas-powered lawn mower emits the same amount of pollution as a car driven 500 kilometres.

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What's all the buzz about bees?

A frightening buzz over the imminent demise of honeybees — and the disappearance of their critical pollinating prowess — is unfounded, according to a new Canadian-led study that shows their global numbers actually growing.

High-profile stories over the past three years detailing the mysterious decimation of thousands of bee colonies has led to fears the human food supply was being imperilled by a "pollination crisis," says the study, which appeared last week in the journal Current Biology.

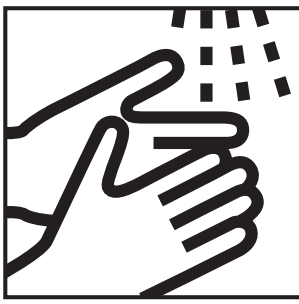
"But the declines in the U.S.A., some European countries and the former U.S.S.R. are more than offset by large increases elsewhere, including Canada, Argentina, Spain and especially China," says University of Calgary biologist Lawrence Harder.

Ernesto Guzman, head of the University of Guelph's Honey Bee Research Centre, took issue with the study's positive assessment, saying it misses the key loss years and fails to distinguish where the colony decimations are taking place.

TORSTAR NEWS SERVICE

Rise in hives

- Lawrence Harder, who helped lead the worldwide survey of honeybee populations, says the number of hives in this country, for example, rose 65 per cent over the past half-century.



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Ontario

Seven more IIHF tourneys coming to Canada

Seven more international hockey tournaments are coming to Canada. In addition to next year's world junior tournament in Regina and Saskatoon and the 2012 event in Calgary and Edmonton, Canada will now host the events in 2015, 2017, 2019 and 2021. The world women's championship returns in 2013, 2016 and 2020. THE CANADIAN PRESS

Sports

Button takes Spanish GP

Jenson Button, left, won his fourth Formula One race of the season yesterday by taking the Spanish Grand Prix ahead of Brawn GP teammate Rubens Barrichello, who trails Button by 14 points in the championship standings. Mark Webber finished third ahead of Red Bull teammate Sebastian Vettel, who trails Button by 18 points in third overall. THE ASSOCIATED PRESS

Wings fly past Ducks

Stanley Cup
2009 **Playoffs**

NHL RESULTS

Detroit 4 **Anaheim** 1

VS

Johan Franzen, Jiri Hudler, Darren Helm and Henrik Zetterberg scored for Detroit in helping the Red Wings beat the Anaheim Ducks 4-1 yesterday.

The defending Stanley Cup champions' dominating performance gave them a 3-2 lead in the Western Conference semifinal.

Game 6 will go tomorrow night in Anaheim.

Ryan Whitney scored late in the second period and Jonas Hiller stopped 34 shots, giving the Ducks a chance until Helm made it 3-1 at 16:52 of the third. Zetterberg added an empty-net goal in the final minute.

Detroit's Chris Osgood finished with 16 saves.

GREGORY SHAMUS/GETTY IMAGES

Anaheim's Ryan Carter tries to keep the puck from Detroit's Marian Hossa yesterday. Detroit won the game 4-1 and now leads the semifinal series 3-2.

Bruins 4 Hurricanes 0

Tim Thomas stopped 19 shots for his first playoff shutout to help the Boston Bruins keep their season going with a 4-0 victory over the Carolina Hurricanes in Game 5 of the Eastern Conference semifinals.

Phil Kessel scored twice and Zdeno Chara gave Boston a big emotional lift when he returned in the third period after leaving the ice in the second when he was slashed by Jussi Jokinen. THE ASSOCIATED PRESS

Stenson cruises to TPC title

GOLF Henrik Stenson won The Players Championship with a flawless final round on the treacherous TPC Sawgrass, playing without a bogey for a 6-under 66 and a four-shot victory.

The 33-year-old Swede started the day five shots back, in a six-way tie for second that included Tiger Woods.

Stenson surged ahead and never let off until he tapped in for par for his second PGA Tour victory, and the biggest win of his career.

Stenson finished at 12-under 276 to finish four shots clear of Ian Poulter. He earned $1.71 million US and moves to No. 5 in the world.

Woods played in the final group and was never a factor. THE ASSOCIATED PRESS

Sports in brief

NBA Aaron Brooks scored a career-high 34, Shane Battier sank five threes and added 23 and the Houston Rockets routed the Los Angeles Lakers 99-87 yesterday to even their Western semifinal at 2-2. THE ASSOCIATED PRESS

Cecil, Rios shine as Blue Jays win

MLB RESULTS

Toronto 5 **Oakland** 0

VS

JEFF CHIU/THE ASSOCIATED PRESS

Toronto's Brett Cecil pitched eight shutout innings yesterday in the Blue Jays' 5-0 win over the Oakland Athletics.

BASEBALL Brett Cecil yielded five hits over eight impressive innings to earn his first major league victory yesterday as the Toronto Blue Jays beat the Oakland Athletics 5-0 for their seventh win in 10 games.

Alex Rios hit a solo homer, a sacrifice fly and a ninth-inning RBI single to back Cecil (1-0).

The 22-year-old left-hander struck out six in his second big league start for Toronto, which headed home from its five-game California road swing alone atop the AL East.

Dallas Braden (3-4) gave up nine hits and three runs in six innings for the A's, who have lost six of eight. THE ASSOCIATED PRESS

Canada loses to Russia in gold-medal game

HOCKEY Russia is on top of the world again.

After going 15 years without winning gold at the IIHF World Hockey Championship, the Russians made it two in a row yesterday with a 2-1 victory over Canada.

The Canadians have been on the losing end of both dramatic finals, settling for heartbreaking silver and the title of second best in a renewed rivalry between hockey's superpowers.

Alex Radulov scored the game winner in the second period on a nice individual effort that he followed with a dramatic celebration that angered the Canadian team.

Oleg Saprykin had the other Russian goal and Ilya Bryzgalov made 37 saves.

Jason Spezza replied for Canada, while Dwayne Roloson stopped 15 shots.

Sweden won the bronze medal earlier in the day by beating the U.S 4-2. THE CANADIAN PRESS

Setanta in trouble; fans left in lurch

JustSoccer

Ben Rycroft

metronews.ca/justsoccer

Canadian fans of the beautiful game were left in the lurch this week when they learned of broadcasting problems on foreign and domestic sides of the ball.

Late last week it was revealed that Setanta, the European broadcaster that provides Canucks with a full slate of English Premiership games, was in serious financial trouble.

The Premiership rejected a request from the broadcaster to defer a payment worth the equivalent of $105 million due at the end of this month — a scheduled instalment on its roughly $685-million deal.

Rogers, the sole Canadian carrier of Setanta, declined comment on the future of the channel and it remains unclear if Setanta were to fail to meet its financial obligations, how that would affect the Rogers agreement to broadcast the English games.

Meanwhile, last weekend, Rogers Sportsnet announced it would not be covering two of the Nutrilite Voyageurs Cup games.

Sportsnet is passing on the most-anticipated domestic game of the year, as Montreal takes on Toronto at BMO Wednesday, to throw the full weight of its channel behind the team it owns, the Toronto Blue Jays.

Toronto FC director of business operations Paul Beirne confirmed the match will only be broadcast on the TFC website, "with no audio. Bare bones feed from the video board in stadium."

It speaks to how far the club is willing to go to give its fans what they want — coverage — but also to the need for a dedicated channel to exist.

MLSE, which owns Toronto FC, purchased a controlling stake in the soccer channel GOLTV last year. And this season it has broadcast a couple of the TFC games there.

Canadian fans, who shell out $15 a month for Setanta, have shown they are willing to pay more for a dedicated broadcaster that will provide reliable, accurate and, moreover, consistent coverage.

If other stations aren't willing to provide that, the same can be assumed for the domestic side of the ball.

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By the numbers

By 2011, the Canadian Nurses Association predicts Canada will be short 78,000 nurses, rising to 113,000 in 2016. METRO NEWS SERVICES

Nursing Week

New trend?

Men make up only 6 per cent of registered nurses in Canada, according to a 2005 report by the Canadian Institute for Health Information. METRO NEWS SERVICES

SPECIAL FEATURES EDITOR: STEPHANIE.BOMBA@METRONEWS.CA

Celebrate nurses

NOELLE MUNARETTO
for Metro Canada

Nurses are all around us. They bring their compassionate care to our hospitals, health clinics, long-term care facilities, classrooms, and sometimes even our homes.

That's why, starting today, nurses around the country will be uniting in celebration of National Nursing Week, with hopes of highlighting their presence in Canada's public health system.

"It's a week to showcase to the public, the government and the policymakers our contribution to the well-being of this country," says Kaaren Neufeld, president of the Canadian Nurses Association. "It is a time for nurses across the coast to collectively reflect and to think about the diversity of care we bring to Canadians."

Neufeld says that this year's theme, Nursing: You Can't Live Without It!, is all about recognizing the essential impact nurses have on their communities.

"All throughout your lives, nurses are there helping with wellness and illness, managing chronic disease and doing health education. They are central to operationalizing all of those plans," she says.

Neufeld also explains that back in 1971, the event originally began as a one-day celebration of nurses on May 12 — the birthday of pioneering nurse Florence Nightingale. Then, in 1985, the entire second week in May was allotted.

"It's very fitting that it is a whole week because nurses are ever-present in society," says Neufeld.

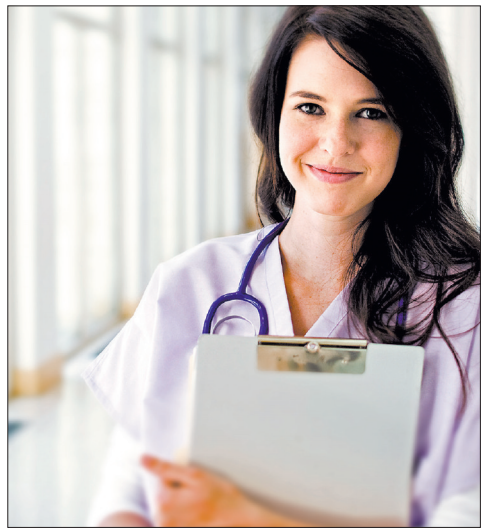
Through their hospitals, their provincial nurses associations and other related organizations, nurses use the week to plan events and inform the public of their profession. Some set up information booths at local malls, others hang nursing week posters and pass out stickers, and certain associations hold their annual general meetings in the month of May.

On May 1, at the AGM for the Association of Registered Nurses of Prince Edward Island, Beverly Carr was the latest RN to be honoured in anticipation of Canadian Nursing Week. She was presented with the Outstanding Achievement Award for her 30-plus years working in the field, primarily as a surgical nurse at Charlottetown's Queen Elizabeth Hospital.

"I was pretty overwhelmed," says Carr. "It's a great honour to receive it."

Though Carr is now on long-term disability leave, having suffered a heart attack two years ago, she continues to remain active in her community by offering nursing advice and spending time at the homes of those who are ill.

"It is always really rewarding to know you can make a difference during their times of hardship," says Carr. "Sometimes you don't even have to say much. Just the fact that you are there is saying something."



The theme of this year's Nursing Week — Nursing: You Can't Live Without It! — is about recognizing the impact nurses have.

Career expo

As part of Nursing Week, the Registered Nurses' Association of Ontario will be hosting the 11th annual Nursing Career Expo.

The expo's "key objective is to highlight nursing as a career of choice," says the RNAO's Recruitment and Retention program co-ordinator, Cameron Vale.

Exhibitors will include nursing agencies, long-term care facilities, community health centres and hospitals from across Ontario.

"We'll have over 50 employers looking for nurses to hire," Vale says.

Organizers will also provide registration support for internationally educated nurses, who don't qualify for the provincial guarantee that provides students with a minimum six-month paid position.

- The 2009 Nursing Career Expo runs on Friday, from 8:30 a.m.-3 p.m. at the Delta Chelsea Hotel. For more, visit rnao.org. – ERIC EMIN WOOD /FOR METRO CANADA

Male nursing student aims to shatter gender stereotypes

CLIFF FRANCIA PHOTO

York University nursing student Charles Collantes.

BRIAN COULTON
for Metro Canada

Charles Collantes knows how it feels to be in the minority.

When the 29-year-old nursing student at York University began his program, he was among but a handful of future male nurses, stacked against nearly 50 female colleagues.

"It was pretty nerve-racking at first, knowing that once I entered the classroom, I was expecting only two or three guys," said Collantes. "But after a while, I got used to it."

Collantes' classroom isn't so far gone from the hospital room. At present, men comprise only about six per cent of registered nurses in Canada, according to a 2005 trend report published by the Canadian Institute for Health Information.

The gender imbalance marks a role reversal of sorts for men, who historically dominated the medical profession as physicians until females began closing the disparity.

"I feel that time for nursing is about to come, as well," said Collantes, "but because of the way everybody perceives nursing as a female-dominated profession, it takes a bit of getting used to, hearing males are getting into nursing."

Collantes has witnessed the stereotype in action at the hospital where he's currently completing an academic placement. When patients, male or female, enter the hospital, he said they expect a female nurse and sometimes request one when presented with a male.

James D'Astolfo, founder and president of the Canadian Men in Nursing Group, said male presence in nursing has a long way to go, not just to break the stereotype, but to fuel a forecasted Canadian nursing shortage.

"If we don't start to attract more nurses into the profession, we're going to see a huge deficit within the health-care system ... Encouraging more men into the profession will certainly help with the nursing shortages that we have and that we're going to face, come 2011."

By that time, the Canadian Nurses Association predicts Canada will be short 78,000 nurses, that number rising to 113,000 in 2016. The deficiency can, in part, be attributed to the mass retirement of nurses, whose average age verged 50 in 2005.

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HAPPY NURSING WEEK
to all registered nurses and nursing students in the GTA!

As we celebrate Nursing Week, RNAO recognizes you – the knowledgeable, dynamic and dedicated registered nurses of Ontario – for the many roles you play in keeping individuals and families healthy. Although your roles are as diverse as the settings you work in, you share a commitment to health promotion, disease prevention and curative care. Your nursing care is unwavering. You put people first and serve them based on the best available evidence. For that, and for all you do day in and day out, we salute you.

Thank you for choosing and continuing to work in our demanding profession where your knowledge is as important as your compassion. We know that you work in complex environments: hospitals, long-term care settings, primary care clinics, homes, schools, and many other settings. We know that you are working days and nights, weekends and holidays – and we thank you for your dedication. We know that you entered the profession to make a difference in the lives of your patients and clients – and you do. Your work is invaluable.

Wendy Fucile, RN, BScN, MPA, CHE
President, Registered Nurses' Association of Ontario

Doris Grinspun, RN, MSN, PhD (cand.), O. ONT.
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What is a nurse practitioner?
Nurse practitioners can diagnose and treat common illness and injuries as well as order lab tests, X-rays and other diagnostic procedures, and can prescribe medication. METRO NEWS SERVICES

NP clinics awaiting funding

DAVID CHILTON
for Metro Canada

If Belleville gets the green light for its proposed nurse practitioner clinic, then 5,000 people in the eastern Ontario city will soon have regular access to primary health care.

Elizabeth Edwards, a registered nurse and president of the Quinte chapter of the Registered Nurses Association of Ontario, has worked on the Belleville proposal. She hopes for the go-ahead before the end of the month, which is when the Ontario government is expected to issue RFPs for more nurse practitioner clinics.

Premier Dalton McGuinty has announced he wants 25 such clinics up and running before the end of his mandate in 2011. The first clinic opened in Sudbury in 2007 and has a caseload of 2,000 patients. In February, funding for three more clinics, in Thunder Bay, Sault Ste. Marie and Belle River (near Windsor), was announced.

"We are certain we will be in that lineup in May," says Edwards, a nursing professor at Belleville's Loyalist College. She recalls surprising McGuinty in conversation earlier this year when she told him the Belleville clinic could accept patients a week after funding came through.

Nurse practitioner clinics are led by specially trained RNs working in collaboration with other health-care providers, including physicians. Nurse practitioners must have a bachelor's degree in nursing, at least two years of nursing experience and a one-year full-time NP certificate from any of the nine Ontario universities that offer it, including Lakehead, Queen's, York and Windsor.

Tammy Armstrong, a registered nurse and a nurse practitioner who also teaches at Loyalist, says NPs deliver a first-level assessment of patients. For the Belleville clinic, Armstrong says the proposal includes a rapid access plan for the sick that will get them an appointment within 24 hours. OHIP covers the cost of the visit.

Doris Grinspun, executive director of the RNAO, says nurse practitioner clinics in Ontario are long overdue, and are highly cost effective.

Nursing opens unique doors

NOELLE MUNARETTO
for Metro Canada

Think back to your kindergarten days learning about career paths. You covered the basics: Lawyer, doctor, teacher and nurse.

But even after we grow up, it's easy to forget that nurses don't just administer IV drips in hospitals. Instead, from health care systems development to research to teaching, the following three women prove nursing opens many unique and non-traditional doors.

While completing her diploma, bachelor's and master's degrees in nursing, Heather McConnell always enjoyed her clinical placements. However, after graduation, it was her love for sharing her knowledge and skills that landed her other positions managing nursing education and staff development.

She now uses her expertise on a systems level as the associate director of international affairs/best practice guideline program for the Registered Nurses' Association of Ontario.

"All of the work we're doing ... is really to advance nurses in their profession, but also to impact the quality of patient care," she says.

Nurses do more than just administer IV drips in hospitals.

Many of the extensive guides McConnell oversees are more than 100 pages long, and give nurses important information about topics such as obesity, dental care and breastfeeding.

Cheryl Forchuk, a nurse scientist at the University of Western Ontario, knows that being a nurse is also about getting involved in the community. Her research on poverty and homelessness has helped change the way the medical community responds to those in need.

"I work with people who have had a lot of disadvantages, who have faced a lot of stigmas and discrimination," says Forchuk.

Forchuk says her job requires not only patience, but also imagination.

"What I like best about mental health is what we don't know," she says. "There are so many areas of grey that it calls upon you to use a lot of creativity."

Amy Hunter perhaps best embodies the world of possibilities nursing offers. She has spent 20 years as a registered nurse in everything from pediatric critical care to elementary school heath teaching to advocacy work.

Hunter is now a public health nurse for Halton Region and a part-time faculty member at McMaster University's School of Nursing. She was also instrumental in urging her hometown of Milton to ban pesticides.

"Nursing is the idea of helping people. But there are so many options with nursing and so much to do that you can never get bored," says Hunter. "Bottom line, there are tons of opportunities out there to make a difference."

Military offers nurses exciting career

Nurses have been important to Canadian military operations since the First World War. Since then, new technologies and advancements in training mean becoming a nursing officer is even more challenging.

"Most of us don't see it as a profession. We see it as a calling," says Major Steven Pirie, the Officer Commanding Medical Technician Training Company for the Canadian Forces Medical Services School at CFB Base Borden.

After either undertaking or completing a nursing degree at a Canadian university, nurses receive special training at the Canadian Forces Medical Services School.

"We focus on military specific wounds, explosives, blast injuries, advance care on wounds, chemical and biohazard warfare attacks and tropical climate situations," says Pirie.

Nurses also get introduced to basic officer training at the Canadian Forces Leadership and Recruit School in Saint-Jean-sur-Richelieu, Que.

Nurses must be able to handle weapons, command platoon-sized camps and treat uncommon injuries, he says.

"It often pushes the limits of physical endurance and mental endurance," he adds. "It's intense."

– NOELLE MUNARETTO /FOR METRO CANADA

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In its comparison of Ontario's tuition levels to peer jurisdictions in Canada and the U.S., the Ontario Confederation of University Faculty Associations says students in the province are paying more than their "share," both in terms of tuition costs and proportion of total operating revenue. METRO NEWS SERVICES

Workology

Students flood Oz

Foreign student enrolment at Australian institutions has jumped to a record 20 per cent, despite expectations such enrolment would dip due to the global recession.

METRO NEWS SERVICES

EDITOR: DOUGLAS.DUNLOP@METRONEWS.CA

Getting people on their feet

In her search for great dance music, Melleny Melody led Deadmau5 to a Juno

RAFAEL BRUSILOW
for Metro Canada

Melleny Melody has the voice of a Care Bear, the stage presence of a star and the business know-how it takes to run one of Canada's premier electronic and dance music labels.

Melody is the multi-talented performer, songwriter and founder of Play Records who is perhaps most identifiable as the person who discovered world-renowned DJ-producer Deadmau5 (pronounced "dead mouse").

She's also had a fascinatingly varied career performing as her alter-ego, Mellefresh, creating her own music and even working as a voice actor on the hit children's show The Care Bears — listen closely to Cheer Bear or Baby Tugs and you'll hear Melody's trademark bubbly timbre.

Most importantly though, Melody has successfully helmed her own music label to the top of an industry frequently led by men.

"There's very few women label owners in the music business. It's good for you if you can establish yourself and keep a presence," Melody said.

Melody launched Play Records in 1996 and has since expanded the label into a digital-only division (Play Digital) as well as the more mainstream-friendly sub-label YALP Records, with close to 30 individual artists and more than 250 wholly owned tracks in the entire Play roster. The label has also licensed music to hit television shows Queer as Folk and The L Word as well as commercial spots for Aveda, Kellogg's and 7-Up.

Running the label has had its challenges but Melody says her love for music has made pushing through all the difficult times worth it, especially with Play's growing success.

"I've always put my own money into this — I probably owe myself a million dollars. You have to do this for the love. Longevity is going to tell the tale of whether you're worth it in the end," she said.

Melody first discovered Deadmau5 (real name Joel Zimmerman) in 2004 and convinced him to move from Niagara Falls, Ont., to Toronto where the pair started collaborating on tracks. Since then, Deadmau5's career has skyrocketed with the 28-year-old phenom having won a 2008 Juno for Best Dance Recording for "All U Ever Want" with Billie Newton-Davis while being nominated in the same year on the track "After Hours" with vocals performed and written by Melody.

Collaborating with artists is one of the best parts of her job, Melody says, and in the end all she wants to do is find great artists and create music that is worth listening to.

"I just want to do good dance music — I want to do music that gets you up off your ass and is playful, happy music. I want to keep on finding exciting new talent more than anything. My door is always open," Melody said.

RAFAEL BRUSILOW/FOR METRO CANADA

A Care Bear and the head of Canada's premier electronic and dance record label, Melleny Melody has a busy, but successful, life.

> **"I want to do music that gets you up off your ass and is playful, happy music."**
> Melleny Melody

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New Kindle
Amazon recently introduced Kindle DX, a wide-format electronic-book reader. The company plans to work with universities on a project featuring Kindles loaded with textbooks. METRO NEWS SERVICES

Got an accent? Talk too fast? Talk to Jay Miller

OddJobs

Diane Peters

Metronews.ca/oddjobs

Jay Miller's job is to help people speak better.

Jay Miller's early years were spent doing two things. Singing. Mainly in church choirs in the Mennonite community in Maryland where he grew up.

And helping people. He worked at a school for children with special needs and as an administrative assistant for a religious organization. He also worked as a carpenter, a builder and a baker.

Miller was in his early 30s — he's now 48 — when he did some career counselling and the idea of speech therapy came up. It blended his knowledge of the voice and his desire to give help others.

He took an undergraduate degree in speech language and hearing science at Temple University in Philadelphia. While his classmates went on to further study in therapeutic work, he realized he'd yet to find the perfect career. "It was clear to me my interest in voice was more artistic than clinical. I was interested in working with normal voices, not sick voices."

A professor suggested the master's program at York University in theatre, where he could get a diploma in voice teaching at the same time. So, Miller came to Canada, and found himself studying theatre. "The acting part was odd," he admits.

But Miller excelled at the voice work and went on to do contract teaching at York at Dalhousie University in Halifax. But it wasn't what he really wanted to do.

"I finally decided to get serious and started a private practice and focus my attention on business and professional clients. And the rest is history."

While Miller found teaching large classes exhausting, he's invigorated by his hour-long one-on-one sessions with clients. People come to him to get rid of accents (a big part of his early work in private practice), learn to speak more slowly, or make their voices lower, stronger, less raspy or less nasal.

Most clients come for between a month and three months, and begin with a month of Miller's basic voice and speech program. This involves not only speaking, but also stretching, moving and breathing — sometimes, Miller's sessions resemble yoga classes.

"We get the body open and engaged, and the voice can become open and engaged too."

While people often think he's analyzing their voices at parties or over dinner, he rarely does. But when he's working, he's excellent at observing details: Miller can tell if someone's not breathing properly by talking over the phone.

And while helping people speak better isn't the same as social work, Miller says it satisfies his desire to help others in their lives. "You can't uncover your whole voice without on some level discovering more of who you are."

The Lowdown

Job title: Voice coach
Salary: $500 and up
Education/training: Some have extensive voice experience through singing, while others take formal speech and voice training in university.
Best Part of the Job: "Seeing people make discoveries about themselves."
Worst Part of the Job: "Clients who expect me to do the work for them."

Diane Peters once hawked magic pens at the Canadian National Exhibition. She's now a writer and part-time journalism instructor.

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Baby Seal

Seal and Heidi Klum are expecting a baby girl. The Grammy-winning singer confirmed the news on Friday's segment of The Oprah Winfrey show. THE ASSOCIATED PRESS

Entertainment

Mexico bound

Hugh Jackman has been cleared to visit Mexico. 20th Century Fox says the actor will help launch X-Men Origins: Wolverine in Mexico City on May 26. A previous appearance was cancelled due to swine flu. THE ASSOCIATED PRESS

EDITOR: DEAN.LISK@METRONEWS.CA

Weekend box office

Estimated ticket sales for North American theatres:

1. **Star Trek:** $72.5 million US
2. **X-Men Origins: Wolverine:** $27 million
3. **Ghosts of Girlfriends Past:** $10.45 million
4. **Obsessed:** $6.6 million
5. **17 Again:** $4.4 million
6. **Next Day Air:** $4 million
7. **The Soloist:** $3.6 million
8. **Monsters vs. Aliens:** $3.4 million
9. **Earth:** $2.5 million
10. **Hannah Montana: The Movie:** $2.4 million

THE ASSOCIATED PRESS

Words lost in translation

Satire helps Chuck Palahniuk get point across in new book

ADAM NAYMAN
for Metro Canada

"The glory of being a writer," says Chuck Palahniuk, "is that when you mess up really badly, you're able to transform it into something that works out."

The Fight Club author — who is in Toronto this week to promote his new novel, Pygmy — is referring to a faux pas he made on German national radio a few years back: Eschewing the services of a translator, he accidentally conflated two German verbs and ended up offending an entire national listening audience.

"The publicist who was accompanying me was just furious," he recalls. "She told me that I had said 'I'm sorry I have gassed so many German people to death.' And that I had apparently said it several times."

The eponymous narrator of Pygmy is similarly lost in translation: The novel is told from the point of view (and the fractured syntax) of a thirteen-year old boy from an unnamed totalitarian state who has come to America as part of an elaborate terrorist plot. Pygmy's plan to explode his new home bumps up against his burgeoning affection for his new foster sister, a development that enables Palahniuk to deploy some slyly double-sided satire; for Pygmy, America may be a "hive of corruption" but it's also a space of great temptation.

"I wanted to make fun of people who are rah-rah super patriots and who think that the country can do no wrong, while also covering the people who think that America is the most evil entity on Earth, like the Devil Incarnate," says Palahniuk.

"Whether you're talking about George W. Bush or Michael Moore, there's an incredible self-obsession. You know: 'We're the best!' Or: 'We're the worst!' Either way, it's still all about us, right? Those extremes just irritate the hell out of me."

Palahniuk knows all about his extremes: He's been praised and condemned in the past for pushing the envelope with regards to content, and Pygmy is perhaps his most aggressive provocation yet, its sex and violence rendered somehow more visceral via its narrator's fractured syntax. Not that this was necessarily foremost on the author's mind: "My goal," explains Palahniuk, "was actually to make the 'ordinary stuff' special. Everybody knows what a Wal-Mart is or what a Mega Church is, so it was about reinventing them, so that we see them again, with Pygmy. And it also takes back a sense of confidence from the reader. They have to stay in the present moment, because they're always in an act of translation."

GETTY IMAGES

Fight Club author Chuck Palahniuk has a new book called Pygmy.

Book reading

- Chuck Palahniuk is appearing at the Isabel Bader Theatre tomorrow to read from Pygmy. Tickets are $10. For event details visit mcnally-robinson.com/toronto-events.

Regent Park film nabs prize at Hot Docs festival

MOVIES A film about Toronto's troubled Regent Park neighbourhood has won a prize at the city's Hot Docs festival.

Invisible City, directed by Hubert Davis, was given the $15,000 award for best Canadian feature. It looks at the lives of two black teenagers from Regent Park over a three-year period.

Davis was nominated for an Academy Award for his 2004 film Hardwood, a short about his father, former Harlem Globetrotter Mel Davis.

The best international feature award, worth $10,000, went to Lebanon's One Man Village, a portrait of the last inhabitant of a Lebanese village grappling with the devastation of civil war. The special jury prize for an international feature was given to Cooking History (Austria, Czech Republic, Slovakia), an examination of military cooks. Waterlife, Kevin McMahon's study of the Great Lakes, won the $10,000 special jury prize for a Canadian feature.

THE CANADIAN PRESS

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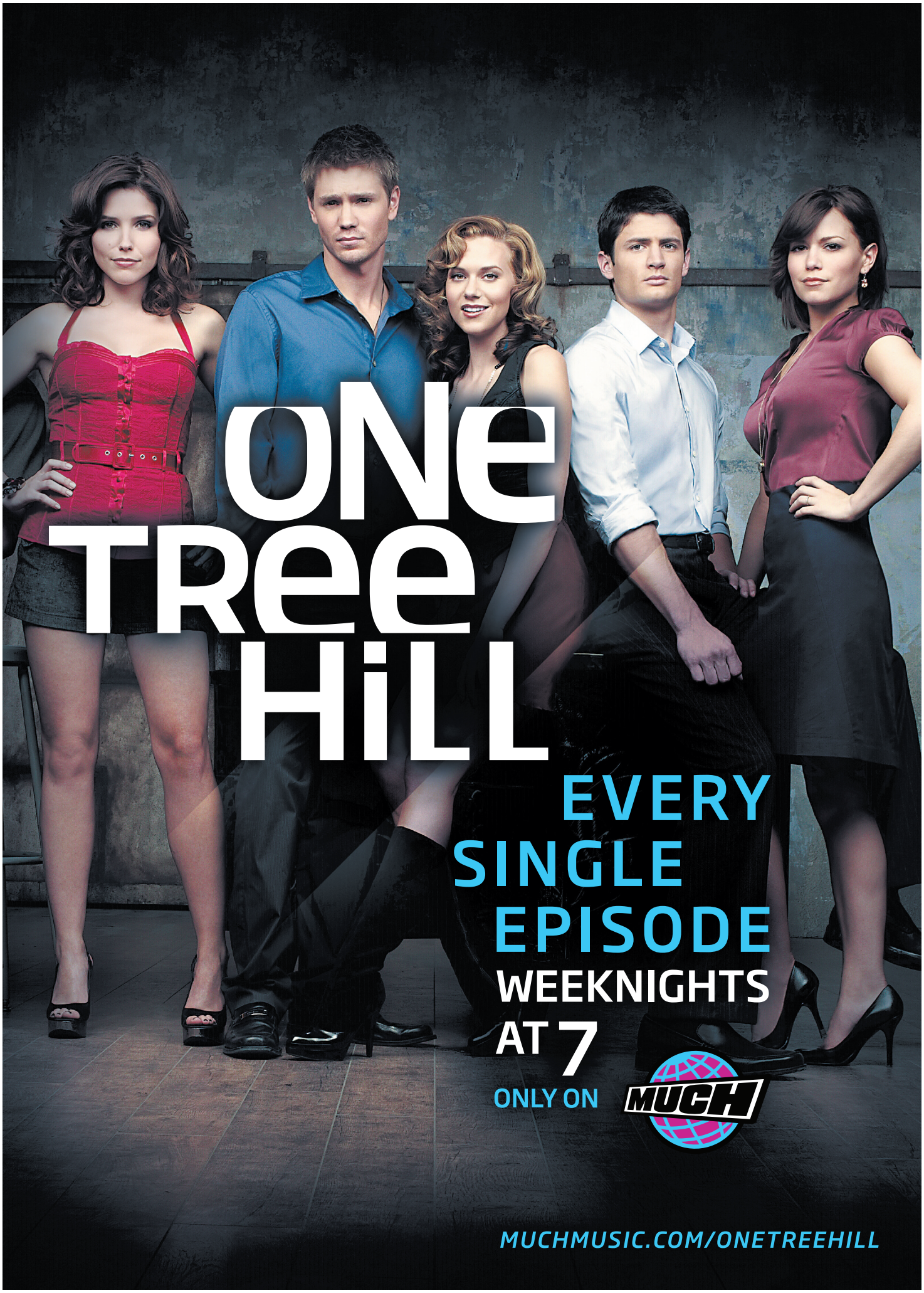
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Dolly receives award

Award-winning entertainer, businesswoman and education advocate Dolly Parton has a new title. On Friday she received an honorary doctorate of humane and musical letters from the University of Tennessee in Knoxville. THE ASSOCIATED PRESS

Award validates careers

New Brunswick folk singer Edith Butler calls it the ultimate blessing for the work she's done to bring Acadian life into the sun.

Quebec actress Clemence DesRochers says it vindicates her father Alfred, a writer whom she says was never properly recognized.

And Toronto dancer Peggy Baker feels it's suddenly not so bad that the onstage part of her life is coming to a close.

The three pioneering female performers among the recipients of Governor General's awards this weekend say they're taking a satisfying sense of validation for careers often marked by intense loneliness and discouraging setbacks.

The women have all won some of the highest honours in their respective art forms, but they say this lifetime achievement award and its three days of celebrations stands apart.

Baker, 56, says she found it jarring to be given an award for an entire career when she still feels young.

The founding-member of the Toronto-based company Dancemakers, and more recently of her own Peggy Baker Dance Projects, is known for her sweeping, physical, and often joyful contemporary dance style.

Baker said the latest honour has pushed her to confront the reality that the dancing part of her career might be drawing to a close.

She's artist-in-residence at the National Ballet School and has been working on new choreography.

"I feel like this has allowed me to have a little bit more grace with that, and focus on other aspects of my dance life that are more purely creative and not so dependent on my physical abilities," said Baker, who was also the featured performer with the New York-based Lar Lubovitch Dance Company in the '80s.

Baker speaks of how artists must sacrifice key parts of their personal lives to concentrate on their careers, countless hours spent — sometimes in dire economic straits — trying to make a go of it.

Butler, 66, speaks of herself as the lonely "plow" that cleared the way for other Acadian performers who came afterward, setting up an infrastructure for playing her Acadian folk music that didn't exist before. THE CANADIAN PRESS

FRED CHARTRAND/THE CANADIAN PRESS

New Brunswick folk singer Edith Butler was one of the recipients of the Governor General's awards, handed out this weekend.

In brief

TELEVISION The kids of Degrassi Street are heading to Hollywood. CTV says its hit Toronto-set teen drama series Degrassi: The Next Generation has spawned its first-ever movie that was partly filmed in Tinseltown and will air on The N channel in the U.S. this summer. Titled Degrassi Goes Hollywood, the film will also air on CTV at an undetermined date. THE CANADIAN PRESS

COURTS A civil jury says Snoop Dogg didn't hit a man who came up on stage during a 2005 concert near Seattle. The rapper wasn't in court Friday when the jury's verdict cleared him of civil assault and battery claims. THE ASSOCIATED PRESS

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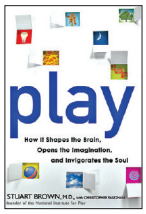
Leigh's new baby
Grey's Anatomy actress Chyler Leigh has welcomed her third child, a daughter named Anniston Kae. THE ASSOCIATED PRESS

Fun game of reinvention

Play

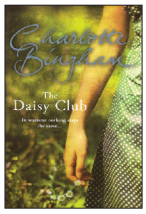
Author: Stuart Brown with Christopher Vaughan
Publisher: Penguin Canada
Price: $27.50 (Hardcover)



Dr. Stuart Brown is passionate about play. He created the California-based National Institute for Play to prove it. And in his new book Play, he details the wide-reaching importance of taking time out for fun in daily life. Play, he writes, is called recreation because it actually does recreate us. Brown equates the need for play with that for food and sleep and explains the implications it has not just to our happiness but child development, education and business. Using summaries of his scientific research mixed with case studies, Brown makes his case for why play is essential to innovation and personal reinvention.

The Daisy Club

Author: Charlotte Bingham
Publisher: Bantam Press
Price: $34.95 (Hardcover)

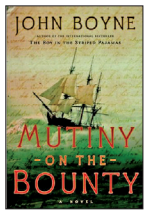


In the autumn of 1938, the rural English village Twistleton sits quiet, inhabited only by villagers that have maintained its rusticity for years. It's the only way of life Daisy and her friends have ever known. But others recall the ravages the First World War brought upon the village residents. When the onset of the Second World War touches down on Twistleton, the villagers are forever changed. Forced from their homes, the residents must take shelter in the Twistleton Hall. There, the people band together to battle the elements, a short food supply and further Nazi devastation while Daisy learns about life in wartime.

BookPicks

Mutiny on the Bounty

Author: John Boyne
Publisher: Doubleday Canada
Price: $34.95 (Hardcover)



John Boyne, author of The Boy in the Striped Pyjamas — his depiction of children during the Second World War — returns with Mutiny on the Bounty, focusing on a new young boy and his fictionalized experience aboard the historical HMS Bounty. John Jacob Turnstile, 14, is a name familiar to the police in the island city Portsmouth, England. But when he's about to be thrown in jail, the authorities offer him an alternative — to board the Tahiti-bound cargo ship as valet to the captain, William Bligh. The expedition antics are comically detailed at length, while John Jacob learns his lesson in a whole new way.

— BRIAN COULTON/ FOR METRO CANADA

Fiddy claims cops cleared him in fire case

PROBE Investigators say no one has been cleared in a fire that destroyed 50 Cent's Long Island mansion, despite the rapper's claim that he is not a suspect.

The rapper, whose real name is Curtis Jackson, said in a statement posted on his website, thisis50.com, that he has been told he is not suspected.

"The police department and insurance investigators ruled that there is absolutely no proof or evidence suggesting that Curtis Jackson or any affiliated parties were involved," the rapper's statement said.

But Det. Thomas Wieland of the Suffolk County police said, "That fire is still under investigation. It hasn't been closed either way."

THE ASSOCIATED PRESS

Lawsuit over late Oz actor's assets

LEGAL The heirs of the late Wizard of Oz actor Mickey Carroll have sued his caretaker for control of his assets. Carroll, one of the last surviving Munchkins from the beloved 1939 film, died in St. Louis on Thursday at age 89. Four months before he died, Carroll signed papers turning over control of his assets to caretaker Linda Dodge. Relatives claim Dodge and others took advantage of the actor in the throes of dementia.

THE ASSOCIATED PRESS

Courage to Care Award **True honour**

DAN STEINBERG/THE ASSOCIATED PRESS

Actor and California Governor Arnold Schwarzenegger, left, presents actress and True Lies co-star Jamie Lee Curtis with the Courage To Care award Saturday at the Noche De Ninos benefit gala in Beverly Hills, Calif. Lee Curtis received the nod for her charitable work.

Pixar headed to Vancouver

It looks like WALL-E, Nemo and Buzz Lightyear will soon have a second home in the Great White North.

Pixar Animation, the Oscar-winning studio behind such smash films as WALL-E, Finding Nemo and Toy Story, plans to open a branch in Vancouver, say executives.

"The operation will be small in size and dedicated to producing short-form quality computer animation for theme parks, DVDs, television and theatrical exhibition ... for several different divisions of the Walt Disney Co.," Disney/Pixar president Ed Catmull told the Hollywood Reporter.

"I think Pixar recognizes the fact that there's a great community in Vancouver of artists and schools as well as programmers."
Vancouver Institute of Media Arts' Casey Kwan

Pixar is a subsidiary of Walt Disney Co. and is based in Emeryville, Calif. Its other films include The Incredibles, Monsters Inc. and Cars.

Pixar's Vancouver operation will be its first outside of California.

"It's great news for Vancouver and for Canada," Alan Phillips, president of the Vancouver Institute of Media Arts, said Friday in a telephone interview.

"It's a great sort of shot of adrenaline in everyone's arm in Vancouver," added Casey Kwan, a senior instructor at the school.

Kwan thinks Vancouver was picked because of its rich talent.

"I think Pixar recognizes the fact that there's a great community in Vancouver of artists and schools as well as programmers," he said. THE ASSOCIATED PRESS

INFORMATION FEATURE

Exploring the city on a bike can be a great way to try something different this summer. If you don't own a bike, you can rent one.

Try something new on the long weekend

BRIAN COULTON
for Metro Canada

ADVENTURE The balance of work and play can easily be tipped in the former's favour, with any free time spent on tried activities that don't threaten routine. But with Victoria Day weekend upon us, and one extra day for play at our disposal, hinder habit by trying one of these new experiences on for size.

Drink something different

"There are people who take comfort in a regular routine. But then there are people who aspire to try new things and expect more from all experiences — including their beer," said Stewart Cowan, marketing director for Grolsch Canada. The Dutch lager import provides a "multi-sensory" experience, said Cowan, unlike domestic beers, he said, which "conform to a very narrow range of flavours and styles."

From the sight of Grolsch's unique swingtop bottle, through its weight and etching, to the popping sound heard when opened, Cowan said Grolsch defies "beer sameness."

Not to be forgotten, of course, is the most important sense enjoyed while drinking beer — taste. Said Cowan, "Grolsch drinkers appreciate its smooth flavour, refreshing hoppy character, and distinctive full-bodied taste."

Explore being a locavore

For a new non-alcoholic palatable experience, try going local. Eating food solely within your own region not only supports local farmers, but can also enhance its quality, since you're eating it much sooner after it's been harvested.

Toronto haunts like Cowbell and Il Fornello sport local menus or dishes, but if a restaurant in your area doesn't have a local food menu, try making your own at home. Check out a local farmers' market for regional meats and produce, and read labels in the grocery store to select items made in Ontario.

While it can be pricier than buying nationally and internationally, the food is fresher, often contains fewer pesticides and will teach you what kind of meals our area produces best.

See yourself on the big screen

Don't believe the stereotype that Canadian films are sub-par to those of our southern neighbours. We have a rich cinematic history that's ever broadening, and watching a classic or contemporary Canadian film can both teach you more about our culture and offer more personal stories with recognizable landscapes.

The National Film Board's downtown Mediatheque facility has an archive of more than 5,000 films, viewable on digital stations for just $2 per day, and some video rental stores have pan-Canadian sections. The Bloor and Carlton cinemas are also Can-Con hotbeds, frequently featuring films from our own backyard.

Forego four wheels

Curb the car this weekend for an eco-friendly, exploratory bicycle ride. By biking, you'll eliminate automotive carbon emissions, enjoy spring weather while exercising and see more of the city than you can in a car.

Toronto has abundant trails to tour, with maps accessible on the city's website. Even if you don't own a bike, rentals are available at retailers from the Danforth to High Park and from the north end to Toronto Island. Scheduled ride events, tours and classes happen throughout the year and the Toronto Bicycling Network's website (tbn.ca) is a great resource for new riders to access city cycling information.

Brainy bandmates

Harvard pop duo Chester French release debut

There are a lot of things you can become after graduating Harvard — a doctor, lawyer or entrepreneur — but a rock star?

Not likely.

But D.A. Wallach and Max Drummey, recent grads who make up the pop duo Chester French, are taking an unconventional route with their Ivy League education.

Instead of working nine-to-five or continuing their studies, they're busy promoting their debut CD, Love the Future, released last month.

"We want to be James Brown, we want to be like Led Zeppelin," Wallach, the group's vocalist, said in a recent interview.

Wallach and Drummey, both 24, studied African-American studies and social anthropology, respectively, when attending Harvard. Wallach, who's from Milwaukee and Drummey, of Boston, graduated in 2007 and began their career as full-time musicians soon after.

THE ASSOCIATED PRESS

Max Drummey, left, and D.A. Wallach of Chester French.

"We were just dudes who hung out in the studio all the time making our records and once we finished what we thought of as the first draft of our album, we started sending it around to a million different people," Wallach said.

"With great serendipity near the end of our senior year, a number of threads connected and we ended up getting opportunities to work with Kanye (West), Pharrell, Jermaine Dupri (and) Pete Wentz."

Though they were courted by all of those heavyweights, the group chose Pharrell's Star Trak label to release their debut CD. They say Pharrell promised to not hinder their creativity.

"People might think he would want to exert a lot of artistic control but what he liked was that we were self-contained, and we were producing and engineering and writing everything ourselves," Wallach said.

THE ASSOCIATED PRESS

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I unjunked my body!

Lina works in the fitness industry in Ottawa and recently came across an article on detoxing. Here is her story;

"I was having a hard time losing those stubborn extra pounds and I was tired a lot, which showed in my face. So when I came across a Biofirm story in the local newspaper, it made me curious.

It definitely made sense to me that we get tired and bloated from too many toxins in our foods and from our environment. But I didn't know that it made us gain weight! So I purchased a box of Biofirm and took the recommended 6 tablets a day for a month with lots of water and high-fibre foods. I was determined to unjunk my body!"

I lost 11 pounds on the detox!

"In the first 4 weeks I lost 7 pounds. I definitely felt lighter and my skin was looking great – I was glowing! I had read that it could be unpleasant to take Biofirm but I actually enjoyed it, especially because you are still able to do your daily duties. You don't have to stay home or do it on the weekends.

After the 30 days detox, I wanted to continue, so I bought another 14 days of tablets. Again, I lost another 4 pounds and my clothes were getting very loose! I was thrilled - and the great part is that I didn't have to exercise vigorously for 6 weeks!!"

– Line B., Ottawa

DETOXING: A GREAT WAY TO START A HEALTHIER LIFE

Everyday, our bodies are exposed to toxins from the air we breathe, the water we drink and especially the processed foods we eat. If our bodies get overburden with toxins, our liver suffers and we start seeing the effect on our health; Our skin is affected, we get tired, we retain water, get headaches, digestion problems, bad breath and find it especially hard to lose weight.

Researchers have now discovered the biological cause of those stubborn pounds; Toxic particles bind water in the bodies' soft tissue and inhibit your metabolism from burning fat efficiently. The Conclusion: To lose weight, you must first cleanse your body!

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Funnyman's big heart
Comedian Jay Leno took his tour to southwest Ohio to boost morale in a region wracked by layoffs. The Tonight Show host put on two free shows at the Roberts Centre in Wilmington yesterday. THE ASSOCIATED PRESS

TV's new art form: The short

Sometimes the memorable moments on NBC's Saturday Night Live aren't live.

From Mr. Bill to Lazy Sunday, the late-night show has occasionally presented short films, and is collecting many of the best for a two-hour prime-time special airing May 17 at 9 p.m. ET. Andy Samberg is the host.

For a program that has sliced and diced material for all manner of prime-time compilations, it's the first time one is being devoted specifically to the short films.

"It's great to be able to show all these great ones from the past to a generation that is not familiar with them," Samberg said. "For me to do hosting segments and be able to (introduce) Synchronized Swimmers, this is not just something that influenced me heavily but influenced everybody in comedy."

That film, featuring Canadian comic Martin Short's water acrobatics with Harry Shearer, was directed by Christopher Guest.

Samberg also remembers Eddie Murphy's short film, White Like Me, where the actor impersonated a white man.

THE ASSOCIATED PRESS FILE PHOTO

Andy Samberg hosts a two-hour special on short films May 17.

"When I was a kid and saw that, my brain exploded," Samberg said. "It was like the greatest thing I'd ever seen in my life."

Robert Smigel's TV Funhouse was a frequent SNL feature, and the 2007 film featuring Justin Timberlake and a gift box won an Emmy Award.

But the granddaddy of SNL films featured Mr. Bill, a clay figure given a high-pitched voice and a tendency to meet untimely ends.

Samberg, in his fourth season at SNL, may be better known for his work on short films than live skits. Lazy Sunday, a rap video about cupcakes and movies on an otherwise boring afternoon, became a sensation on the Internet and was key to the early success of YouTube.

Samberg has created several other films with partners Jorma Taccone and Akiva Schaffer, including a rap song with Natalie Portman and Iran So Far Away, a tribute to Iranian President Mahmoud Amadinejad.

Samberg, Taccone and Schaffer were active posting comic videos on the Internet before joining Saturday Night Live. That wasn't the work that got them a job on SNL, however. Samberg said the show's staff noticed him when he wrote for an MTV awards show that was hosted by Jimmy Fallon.

Now Samberg is hosting MTV's Movie Awards after the Saturday Night Live season ends. Live or taped? Samberg said he doesn't have a personal preference when he's working on the show. "It depends on the material," he said. "I've had some of the most fun of my time here live in the studio. When something is really working in there and you're feeling the audience's energy and playing off each other, that can be kind of electric."

THE ASSOCIATED PRESS

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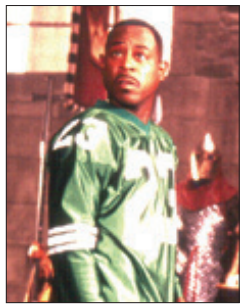
TO	Vu	SC	C		7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00
primetime 5/11/09	265	353	2	TVO	Time Team		The Agenda With Steve Paikin		Midsomer Murders		The Genius of Photography		Agenda-Paikin
	211	331	3	GTV	ET Canada	Entertainment	House "Both Sides Now"		24 (HDTV PA) (N)		Cold Blood (N)		News
	215	343	4	OMN1	2Half Men	The Simpsons	News (N)		Vivere Il	News (N)	The Simpsons	King of the Hill	Metropia
	210	302	6	CBC	TBA	TBA	To Be Announced		NHL Hockey: Western Conference Semifinal Game 6 -- Canucks at Blackhawks				
	214	344	7	CITY	Law & Order: SVU		Chuck (HDTV)		Less-Kind	Surviving Sub.	(10:02) Mantracker		News (N)
	212	313	8	CTV	etalk	Hollywood	Big Bang Th	Gary Unmarr	Two/Half Men	Corner Gas	CSI: Miami "Dissolved"		News (N)
	218	345	11	E!	The Insider (N)	E! News	The Soup	How I Met	My Boys	Engagement	The Best Years (DVS)		News (N)
	137	763	13	TFO	Panorama		Les civilisations		*La Voie lactée* ★★★ (1969, Com. dramatique), Paul Frankeur				Facteur
	-	-	14	-	Raymond	Raymond	News (N)		News (N)		Two/Half Men	King	Foreign Domes
	213	326	15	SUN	Scrubs	George Lopez	Funniest Pets	Funniest Pets	One Tree Hill (HDTV) (N)		To Serve and Protect		Hitchcock Pres
	-	387	16	CBS	Inside Edition	Hollywood	Big Bang Th	How I Met	Two/Half Men	Engagement	CSI: Miami "Dissolved"		News (N)
	-	385	17	NBC	The Insider (N)	Entertainment	Deal or No Deal (N)		Medium (N)		Medium (HDTV) (N)		News (N)
	-	386	18	ABC	Wheel-Fortune	Jeopardy! (N)	Dancing With the Stars			Surviving Sub.	(10:02) Castle (N)		News (N)
	219	346	20	ACH-B	Instant Star	TMZ (N)	Dancing With the Stars			Jeff Ltd.	(10:02) Castle (N)		News (N)
	-	-	28	FOX	Judge Judy (N)	Two/Half Men	House "Both Sides Now"		24 (HDTV PA) (N)		Seinfeld	Two/Half Men	The Simpsons
	-	388	61	PBS	News-Lehrer	Time Goes By	Antiques Roadshow (N)		American Experience (N) (DVS)			Becoming Amr	Business Rpt.
	297	652	330	WPX	Two/Half Men	Family Guy	Gossip Girl "Valley Girls"		One Tree Hill (HDTV) (N)		PIX News at Ten Tong.		Two/Half Men
	296	654	331	SBK	Wheel-Fortune	Jeopardy! (N)	Dr. Phil (HDTV)		WBZ News (N)	'70s Show	Frasier	Frasier	Punk'd
	298	653	332	TLA	Jamie Foxx	Wayans Bros.	My Wife-Kids	According-Jim	Friends	KTLA News	Two/Half Men	Two/Half Men	Gossip Girl (N)
news	502	390	26	NW	CBC News	Newman	The Hour		CBC News: The National		CBC News: The National		National
	500	500	33	CNN	Lou Dobbs Tonight		Campbell Brown: No Bias		Larry King Live (N)		Anderson Cooper 360 (HDTV)		
	509	504	79	CNB	Kudlow Report		CNBC Reports (HDTV)		Scam of the Century: Madoff		On the Money		Mad Money
sports	405	417	22	net	MLB Baseball Atlanta Braves at New York Mets. (HDTV) From Citi Field in Flushing, N.Y. (Live)						Sportsnet Connected		Hockey Central
	400	400	30	TSN	NHL Hockey: Eastern Conference Semifinal Game 6 -- Capitals at Penguins					SportsCentre		That's Hockey	SportsCentre
	411	457	58	OLN	Dog the Bounty Hunter		Departures "Antarctica"		Mantracker		Dog the Bounty Hunter		Departures
	417	406	81	SC	Pimp My Ride	Pass Time	This Week in NASCAR (N)		Making the Race: 2009 (N)		25th NASCAR All Star Reunion		Car Crazy
family	551	542	25	YTV	Karaoke Star Junior		Malcolm-Mid.	Futurama	League-Evil	Zixx Level	Falcon Beach		Mystery Hnt.
	554	544	45	TEL	Totally Spies	Total Drama	6TEEN	6TEEN	Futurama	Punch	Robot Chicken	American Dad	Moral Orel
	556	540	51	FAM	Wizards-Place	Han. Montana	Zack & Cody	Latest Buzz	Wizards-Place	Life Derek	Ned's School	Cory in House	Zack & Cody
cable variety	602	567	27	W	Will & Grace	Friends	How Clean	Kim	Love It or List It		The Agents (N)	House	Maxed Out
	570	580	29	MM	One Tree Hill		Video on Trial	Video on Trial	Shot at Love-Tila Tequila		MuchNews	Video on Trial	One Tree Hill
	615	520	31	A&E	CSI: Miami "Free Fall"		Intervention "Derek"		Intervention "Anthony"		Paranormal	Paranormal	Paranormal
	700	800	35	TLN	Centrovetrine	Sky TG 24	Carabinieri		Carabinieri		Raymond	Raymond	George Lopez
	571	581	36	MMM	The Daily Fix		Ranked!		Don't Forget the Lyrics!		Entourage	Gene Simmons	The Daily Fix
	575	583	38	CMT	Karaoke Star	Backstage	Home Improve.	Home Improve.	Reba	Reba	Hope & Faith	Hope & Faith	Karaoke Star
	616	521	39	SHO	The Outer Limits		Cashing In	Kink in Hair	Kenny-Spenny	Kenny-Spenny	Name Is Earl	The Office	House
	620	523	40	BVO	Circa		Baby Ballroom		Riverdance: Today's Stars		To Dublin With Love		Law & Order
	601	562	41	SLC	Skin Deep	Til Debt-Part	Wedding SOS	Wedding SOS	Wedding SOS	Wedding SOS	My Wardrobe	So Chic	ET Canada
	522	506	43	HIS	NCIS "Family"		Hero Ships		Bloody Italy		NCIS "Family"		Marine Mach.
	625	548	44	COM	Air Farce	Just for Laughs		Corner Gas	The Simpsons	South Park	George Carlin: On Location		Daily Show
	600	564	46	H&G	House Hunters	Property Virgin	For Rent	Income Prop.	Property Virgin	My First Place	House Hunters	House Hunters	Holmes-Homes
	294	529	47	TBS	MLB Baseball Atlanta Braves at New York Mets. (HDTV) From Citi Field in Flushing, N.Y. (Live)						Home Videos	Seinfeld	Family Guy
	576	582	49	BET	106 & Park: BET's Top 10 Live		*Menace II Society* ★★★ (1993, Drama) Tyrin Turner.				College Hill	College Hill	*Menace II Soc.*
	627	528	50	SPC	Stargate Atlantis (DVS)		Star Trek: Voyager		*Black Knight* ★★ (2001, Comedy) Martin Lawrence.				Stargate SG-1
	581	566	52	MTV	The Hills	After Show	Canada's Next Top Model		College Life	The Hills	The Hills	After Show	MTV Live
	618	524	54	TROP	Vanity Insanity	E News	Carlawood	Prod. Parker	Ground Up		Are You Smarter		Make or Break
	603	561	56	FOOD	Chef at Home	Chuck-Day Off	Work for Food	Glutton-Punish.	Food Detective	Get on Plate	Kitchen Nightmares		Restaurant
	261	394	60	V	Murder, She Wrote		Green Grass	May-December	Rabbit Fall	Get-Famously	Islam in China	Clergy	Poltergeist
	621	527	63	STR	The Ellen DeGeneres Show (N)		TMZ (N)	etalk	Living the Life	Look-A-Like	The Tonight Show-Jay Leno		TMZ
	553	546	65	TRE	Backyardigans	Nght Grdn	Max & Ruby	Franklin	Little Bear	Bucket-Dinos	Comfy Couch	Big & Small	Max & Ruby
	115	711	101	TVA	Le Cercle (SC)	Laura Cadieux	Ma Maison Rona (SC)		Monk (HDTV) (SC)		TVA 22 heures	(10:45) *Un pourri au paradis*	
	126	730	102	RDI	24 Heures en 60 minutes		Grands reportages (SC)		Le Téléjournal (SC)		RDI en direct	Le National	Le Téléjournal
	526	507	249	VIVA	Judging Amy		Commander In Chief		Commander In Chief		Fraud	Homicide File	Mediums
	300	601	301	M1	Stargate Atlantis		Sanctuary (Part 2 of 2)		Tracey Ullman	U.S. of Tara	The Line (N)		Atlantis
	305	612	306	PIX	(7:15) *Buster's Bedroom* ★★ (1991, Comedy-Drama)				*Jungle Fever* ★★★ (1991, Drama) Wesley Snipes.				*Malcolm X*

critics' corner

Black Knight
Sometimes Martin Lawrence is stuck with not-so-funny material. Case in point: this mediocre 2001 comedy, in which he plays an employee of a medieval theme park. He falls in the moat and finds himself back in the 14th century, where he meets a dissipated knight and a hot chambermaid and gets roped into a rebellion. 9 PM on SPC



Medium
Allison rues the day she signed a contract forbidding her from sharing her dreams, since she is convinced they hold clues to a serial killer stalking Phoenix. Ariel realizes her medication may be blocking her gifts in the conclusion of "How to Make a Killing in Big Business." 9 PM on NBC

Dirty Jobs
Maggot farming. That's all you need to know about this new episode, which finds Mike in Idaho learning how to raise fly larvae. This family business sells maggots for fishing bait, agriculture, even entertainment. Also in this episode, Mike helps transport a cactus out of the way of an oncoming storm. 9 PM on DIS

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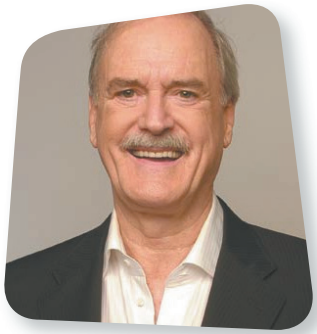

Britcom Gala

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july 18 · 8pm
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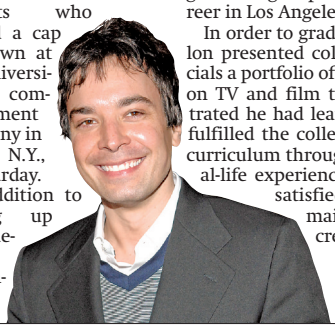
That's some dedication ...
While filming his faux-documentary Bruno, Sacha Baron Cohen tried to bleach all the hair on his body for his role as the gay Austrian fashionista, but ended up with an allergic reaction so severe "he couldn't sit down for three days," an insider shares. POPEATER.COM

Celebrity Buzz

Talk about a slow learner

EDUCATION It's been 17 years in the making, but Jimmy Fallon finally received his bachelor's degree in communications from the College of Saint Rose, people.com reports.

The NBC Late Night host, 34, was one of 1,800 students who donned a cap and gown at the university's commencement ceremony in Albany, N.Y., on Saturday.



In addition to picking up his degree, the funnyman served as the keynote speaker and spoke to his fellow graduates.

The Saturday Night Live alum attended Saint Rose from 1992 through 1995 but decided to drop out just one semester short of graduating to pursue a career in Los Angeles.

In order to graduate, Fallon presented college officials a portfolio of his work on TV and film that illustrated he had learned and fulfilled the college's core curriculum through his real-life experience, which satisfied remaining credits.

METRO NEWS SERVICES

Kate blames fame for woes

BLAME GAME Kate Gosselin of TLC's Jon & Kate Plus 8 said the focus on her current marital woes is "a result of our situation — our very public lives," usmag azine.com reports.

"Everyone wants to know everything about us," she said on Larry King. "And I feel like this is a situation where, you know, you can't believe everything that you read."

King also read a statement from Jon, who denies cheating on his wife — despite video, pictures and on-the-record interviews alleging otherwise. "These allegations are false and just plain hurtful," read the statement.

"As I adjust to the attention that comes from being in the public eye, I need to be more careful and aware of who I'm associating with and where I'm spending my time. The bottom line is I did not cheat on Kate. I'm sorry for putting my family in this awkward position, given some poor decisions and bad judgments I've made recently."

Asked by King what Jon meant by "bad judgment," Kate replied: "We are a family who didn't set out to live the celebrity lifestyle. We are living our lives like a normal family. Cameras come in and film us. And that, to the world — to the public, makes us celebrities."

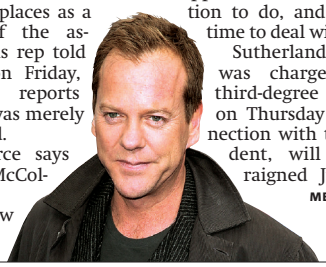
"I am not a celebrity... ," she added. "I am a mom and a wife. And I feel that Jon is having difficult times realizing that you can't go to the grocery store without people whipping out their cellphones, calling everyone they know and taking pictures of you. He is dealing very poorly with it."

METRO NEWS SERVICES

Jack's nose was broken: Rep

OUCH Fashion designer Jack McCollough, who was allegedly head-butted by Kiefer Sutherland last week, required surgery for his injuries, his rep said.

"Mr. McCollough suffered a broken nose in three places as a result of the assault," his rep told People on Friday, refuting reports that he was merely scratched.



A source says that McCollough, who's now sporting bandages on his nose, "had to have his nose reset. It's painful and it felt horrible."

The source adds that McCollough is "also pissed off and annoyed that this all happened. He has a collection to do, and has no time to deal with this."

Sutherland, who was charged with third-degree assault on Thursday in connection with the incident, will be arraigned June 22.

METRO NEWS SERVICES

Amy bombs her comeback

SAME OLD STORY Even Mother Nature couldn't handle Amy Winehouse's lacklustre comeback gig.

Heavy rains forced the trouble-ridden British singer to cut short a performance at the St. Lucia Jazz Festival on Friday, her first gig in 2009, eonline.com reports.

GETTY IMAGES

Her spokesman, Chris Goodman, said the singer and her band "tried to soldier on" despite the storm causing sound and lighting problems. Fans, however, couldn't have been more pleased, according to the BBC. "What a wasted talent," said a male concertgoer. "She is on a one-way road to destruction; it's such a shame."

During the hour-long set, Winehouse forgot lyrics, appeared distracted and inadvertently flashed her underwear before walking off the stage. At one point, the 25-year-old chanteuse even told the audience, "Sorry, I'm bored."

"It was disappointing," said another fan. "It is very sad to see, but she is obviously not fit to be on stage."

METRO NEWS SERVICES

Oprah evacuates home amid fire?

SAFETY FIRST Oprah Winfrey is preparing to evacuate her Montecito, Calif., home as wildfires come within a few miles of her coastal ranch, a source tells usmagazine.com. The source tells Us that movers arrived at the talk show host's six-bedroom, $50 million US mansion to pack her belongings in case of an evacuation.

METRO NEWS SERVICES

Jesus goes back to school?

MONEY'S NO OBJECT Madonna has been dating 22-year-old Brazilian model Jesus Luz for months, but she's finally had enough of his poor language skills, according to the Daily Star.

The pop star has decided to get professional help. "She's paying more than $1,000 US a week for him to learn English," a source says.

METRO WORLD NEWS

Gaga stripped for her folks

FAMILY DYNAMICS Lady Gaga's parents once came to watch her strip, female first.co.uk reports. The singer took the job to make ends meet while waiting for her music career to take off.

The 23-year-old pop star recalled: "My parents came down to see me perform. I wasn't worried that they were watching me, I wanted them to see what I was doing. But my dad was shocked. He thought I was going crazy. He really thought I had lost it and he was so upset. That totally freaked me out. I didn't want to be a failure in his eyes."

METRO NEWS SERVICES

Tobey's spooked by spiders

IRONY Actor Tobey Maguire is scared of spiders, according to femalefirst.co.uk. The Spider-Man star is so petrified of the eight-legged critters he can't bear to be in the same room as one. A source said: "If he finds one in his house he throws a hissy fit." The actor's phobia has gotten so bad his wife Jennifer is begging him to get professional help.

In other news, the couple welcomed their second child, a boy, on Friday.

METRO NEWS SERVICES

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Tuesday Sunny 16° / 5°
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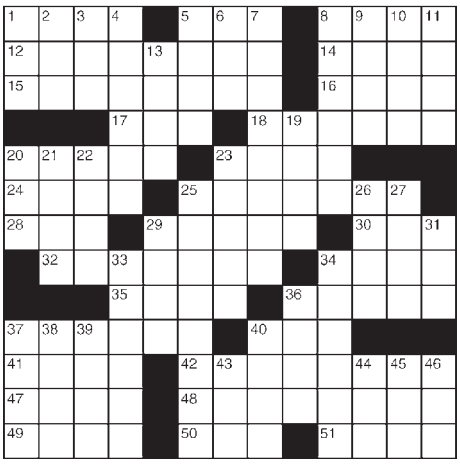

Crossword across

1 Annie Lennox's, "No More 'I Love —' "
5 Shade provider
8 Grate
12 Ordinate counterpart
14 "Do — others ..."
15 Labyrinth beast
16 Ollie's pal
17 Little, in Paris
18 Unisex top
20 PC peripheral
23 Folder contents
24 Angered
25 Stately dances
28 "— Miserables"
29 Pugilist
30 Discoverer's cry
32 Mosque tower
34 Culture medium
35 — and crafts
36 SALT subject
37 Elk
40 Crucial
41 Mideast airline
42 Member of the clergy
47 Skin opening
48 Eternally
49 Prepared to drive
50 Reuben bread
51 Impale

Crossword down

1 Sweet potato
2 Kyoto cummerbund
3 Sailors' org.
4 Evaluated by eyeing
5 Jacob's brother
6 Baton Rouge sch.
7 Strict disciplinarian
8 Potential frat member
9 Con
10 Celeb
11 Bridge, in Brest
13 Particular
19 Speak sloppily
20 Wire measure
21 Utah city
22 Lucy's partner
23 Repairs
25 Bergen's dummy Snerd
26 Takeout request
27 Phony
29 Homer's imp son
31 Sphere
33 Caught redhanded
34 Bottomless pits
36 Estate recipient
37 Sobbed
38 Lotion additive
39 Rid of rind
40 Patella site
43 Wall climber
44 Youngster
45 Historic time
46 CSA soldier

Sudoku

For more/less challenging Sudoku puzzles, visit metronews.ca

HOW TO PLAY: Digits 1 to 9 will appear once in each zone; a zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not put a digit in a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.

			8			3		
9	8						4	
		2			9		1	
	7	4	5	9			3	
5								6
	1			6	4	9	2	
	3		2			5		
	6						8	2
		1			5			

PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:

1	6	4	8	2	5	3	9	7
8	9	5	3	7	6	2	1	4
3	7	2	1	4	9	6	8	5
2	4	9	7	8	3	5	6	1
6	8	3	2	5	1	7	4	9
5	1	7	9	6	4	8	3	2
9	3	8	5	1	7	4	2	6
7	2	6	4	9	8	1	5	3
4	5	1	6	3	2	9	7	8

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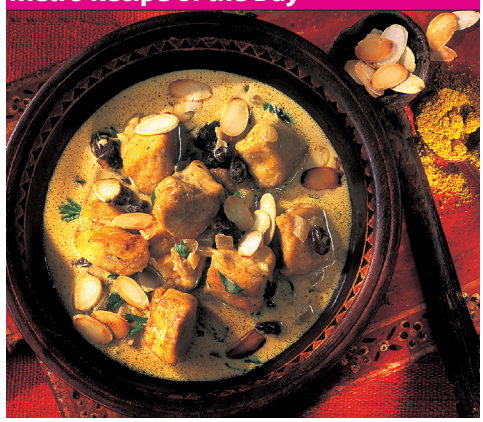
SUDOKU SOLVE TIME:

Under 13 min .....Genius
13-17 min.....Scholar
17-21 min .....Smart
21-25 min.....Not bad
25+ min.....Keep practising

Metro Recipe of the Day



Curried Chicken

INGREDIENTS:

1 1/3 cups (325 ml) chicken or vegetable stock
1 medium onion
2 cloves garlic
3 tbsp (45 ml) canola oil
3 tbsp (45 ml) all-purpose flour
2 tbsp (25 ml) mild curry powder
1 1/2 lb (680 g) boneless, skinless chicken breasts
Small handful of cilantro
2 tbsp (25 ml) seedless raisins
3 tbsp (45 ml) (25g) flaked almonds
1/2 lemon
2 tbsp (25 ml) natural yogurt
2 tbsp (25 ml) heavy cream
Salt and black pepper

METHOD:

1. Put stock on to boil. Peel and chop onion and garlic; fry gently in oil in large frying pan until soft, 5 minutes.
2. Mix flour and curry powder in large bowl, then cut chicken into 1-in. (2.5-cm) cubes and toss in mixture until evenly coated. Add chicken and flour mixture to pan and fry, stirring, 3 minutes.
3. Rinse, dry and chop enough cilantro to give 1 tbsp (15 ml) and reserve some to garnish. Add rest to chicken with raisins and hot stock. Bring to boil, stirring, then reduce heat and simmer 10 minutes.
4. Toast almonds in dry frying pan. Squeeze juice from lemon and set aside.
5. When chicken is cooked, remove pan from heat and stir in almonds, lemon juice, yogurt, cream, and salt and pepper to taste. Reheat gently, without boiling. Garnish with reserved cilantro and serve with rice.

SERVES 4

rd.ca

For nutritional information on this and other great recipes, go to rd.ca or check out Key Ingredients in this month's Reader's Digest, on newsstands now!

Horoscopes by Sally Brompton

sallybrompton.com

ARIES
MARCH 21-APRIL 20
Tie up as many loose ends as you can today. There may be a thousand and one other things you'd rather do but your impatience could get you into trouble, so temper your enthusiasm and realize some things just have to be done, and done now.

TAURUS
APRIL 21-MAY 21
You'll feel pressure beginning to mount on the work front today. Employers and others in positions of power will make demands you're not sure you'll be able to meet. Don't worry. If you stay calm and keep your mind free of fear you'll cope.

GEMINI
MAY 22-JUNE 21
Don't get lost in details today because it is the bigger picture you should be looking at. A lot of things have been hidden from you in recent months but before May is over they will start to reveal themselves — and make perfect sense.

CANCER
JUNE 22-JULY 22
The most important thing in life at the moment is to know what it is that you want, and if you don't know then it is about time you made an effort to find out. Without a clear vision in your mind's eye you are on a loser from the start.

LEO
JULY 23-AUG 23
The more others say they are acting in your best interests the more you can be sure they are acting in their own. Only you know what it is you most desire and only you can make it happen, so thank them for their offers and act for yourself.

VIRGO
AUG 24-SEPT 22
If you feel a bit under the weather as the new week begins, take it as a warning that you've been doing too much. You may have big plans but you have limits too and you'd be wise to acknowledge them and not push yourself too hard.

LIBRA
SEPT 23-OCT 23
You seem to be taking great strides at the moment and long may it continue. But while the Sun stays in the most sensitive area of your chart, your self-image is probably a bit fragile, so don't expect too much of yourself. Your best is yet to come.

SCORPIO
OCT 24-NOV 22
You have been carrying an unusually heavy load of late and you really do need to get others to share the load. You are not alone. There are no end of people in your life who would happily help you — if you were to ask them. So ask.

SAGITTARIUS
NOV 23-DEC 21
This may not be one of the better times of the year for you but that doesn't mean you can't have fun. A lot depends on how you appear to other people, so get that gloom-and-doom look off your face and try smiling — it's not so hard.

CAPRICORN
DEC 22-JAN 20
You must not give in to negative emotions today. The moment you start thinking of yourself as some kind of victim is the moment you become one — and you're not. Your life is full of good things and good people, so get a grip.

AQUARIUS
JAN 21-FEB 18
Why do you spend so much time and effort trying to make other people feel good but so little time and effort trying to make yourself feel good? Whatever the reason, it has to stop. Reverse the trend over the next 24 hours. It's you who matters.

PISCES
FEB 19-MARCH 20
Impulse buying is not a good idea at the best of times but with Venus and Mars transiting the money area of your chart you have to splash out. To a certain extent that's OK, but don't spend everything you've got just to impress other people.

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